

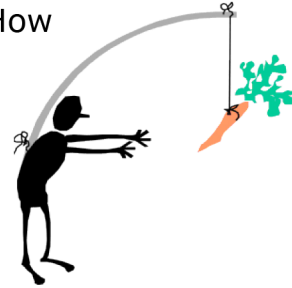
# Increasing Motivation



**Identify Values** or your life direction – what do you want to work towards? What is really important to you? What gives your life meaning and purpose?

## Set one goal

- Consider using third person: .....(name) will.....
- Add meaning and purpose: Who or what am I doing this for? How will it help?
- Plan steps on the way to your goal
  - How? When? With? etc
  - Make sure the goal is specific, realistic and achievable. How will you know when you've achieved your goal?
- Consider possible obstacles and how to overcome them



**Tell others** about your plans. Get their feedback and support.

**Pros and Cons:** What will change if I do nothing? What will I (or others) gain from doing this? Who or what will benefit?

## Stop unhelpful habits

- Create new habits. Perhaps change your daily activity. Create a healthy balance of work, rest and play.

**Acknowledge success. Reward yourself** when you reach each step.

- Review each day. Every morning, ask "what can I do today?" At the end of each day, "what have I achieved today, however small?" Write it down.

## Acknowledge unhelpful or negative thoughts and feelings

- Give up the struggle of trying to stop them
- "That's how the mind and body works, it's what it does"
- Use positive and encouraging self talk – be your own coach. Write it down and remind yourself often
- Practise self-compassion instead of self-criticism
- Change focus of attention – values and goals

## Visualise success

- Imagine, see yourself in your mind's eye starting out on your first steps, seeing things through and achieving your goal. Imagine how that would feel. Imagine the feedback from others.

## Act the role

- Choose someone to act as a role model – whether fictional or real. Imagine yourself acting in the character of that person, achieving your goal. Practise acting that that person for real – again using one step at a time

## Do it!

- In spite of thoughts or feelings...Take action
- Just do it
- Stick with it



If you do not change direction, you may end up where you are heading. Lao Tzu  
Nothing we can do can change the past, but everything we do changes the future. Ashleigh Brilliant