

GETTING MOTIVATED

Objective:

To find ways to motivate yourself.

Getting yourself motivated can be a difficult task, particularly if you are upset or depressed. Your attentions are drawn inward, your negative self-talk is on overdrive, you feel tired and hopeless. You need to find a way to get motivated so you can get help and do things to help yourself.

Here are some ways to find and maintain motivation.

- Set a goal. Keep it to one goal. If you focus on accomplishing one thing at a time, you will be less likely to get overwhelmed or intimidated.
- Post your goal. Write it or print it out and hang it up where you will see it.
- Start small. Allow yourself to take baby steps.
- Build on your successes. Your small steps will add up!
- Find support. The encouragement of friends and family will help keep you on track.
- Stick it out. Your motivation may wane from time to time, but realize it will come back. In the meantime, think about your goal and turn to your support system for help.
- Think positive. Don't dwell on the difficulties. Instead consider all the benefits of achieving your goal.

Write below something you want to do improve your life and post it someplace where you will see it regularly.

My goal:

Steps I will take to reach my goal:

Date accomplished: _____