## Motivating Yourself to Change

## **Objective**

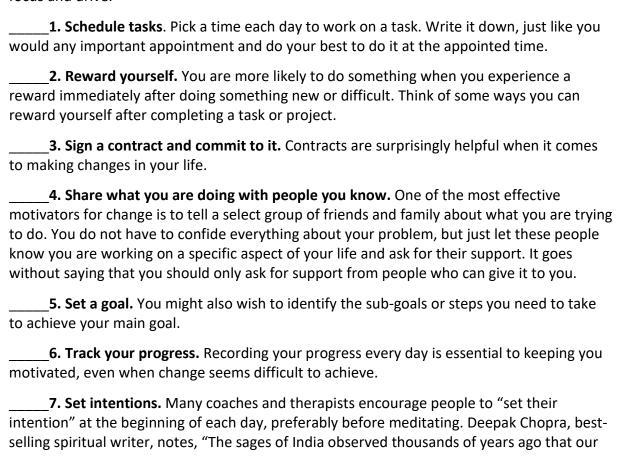
To identify ways to motivate yourself to change.

## What to Know

Some of the most challenging aspects of dealing with a difficult situation are feelings of low energy, pessimism, and a belief that things will never improve. When it comes to tackling the tasks in this workbook, it is important to recognize that making changes can be hard! However, insights from motivational psychology indicate that various strategies can aid in overcoming such hurdles.

## What to Do

Review the following ten motivational tips and then assess their potential effectiveness in helping you make progress. Rate each technique on a scale of one to seven, where 1 = you do not believe it would be useful, and 7 = you believe it would be extremely helpful. Select at least three motivational techniques that resonate with you to guide your efforts in facing and addressing the challenges ahead. Remind yourself of these techniques daily to maintain your focus and drive.



destiny is ultimately shaped by our deepest intentions and desires. An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create."
8. Adopt a compassionate attitude toward your efforts. Being self-critical and perfectionistic will likely get in the way of your efforts. You will have setbacks and even reversals. Imagine you are a good "parent" to yourself, guiding, encouraging, and always believing the goal can be achieved. Remember to offer yourself compassion and love.
9. Act like your heroes. Inspiration is an important aspect of motivation. Think about someone who inspires you because they overcame an almost insurmountable problem. Take a moment during the day to imagine what that person would say to you to encourage your efforts.
10. Look for progress each day. Focus on the small positive changes you make in your life each day, rather than on the things that cause you problems. Even when times are difficult, you can do things each day that will help you lead a happier and fulfilling life.
Reflections on This Exercise
How helpful was this exercise? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)
What did you learn from this exercise?