

Motivation Master

6 steps to making meaningful change



01 IDENTIFY THE BEHAVIOUR

Is the behaviour meaningful and important to you? Be guided by your values and what matters to you in your life. Choose a behaviour that links to these values, and your motivation is likely to grow.

Example: I want to spend more time with my loved ones, but I often stay home alone instead. I'd like to change this by having more regular in-person catch-ups and reducing my alone time indoors.



02 SET A CLEAR GOAL

Setting a goal that is specific, meaningful, and achievable sets you up for a higher likelihood of seeing the outcome you want. Be clear with when, where, and how you'll take steps towards the changes you're intending.

Example: I am going to arrange one social catch-up on a week night (weekly), and one social catch-up on the weekend (weekly).



03 UNDERSTAND OBSTACLES

Identify obstacles (like boredom or stress) that may be getting in the way of change. Set realistic expectations for yourself.

Example: Meet-up somewhere convenient for both yourself and your friend so it isn't too stressful, switch to a phone-call catch-up while you walk if you're feeling tired.



04 CREATE A PLAN

Write down what you'll do, and when. Planning ahead for small daily changes will help you get to where you want to be.

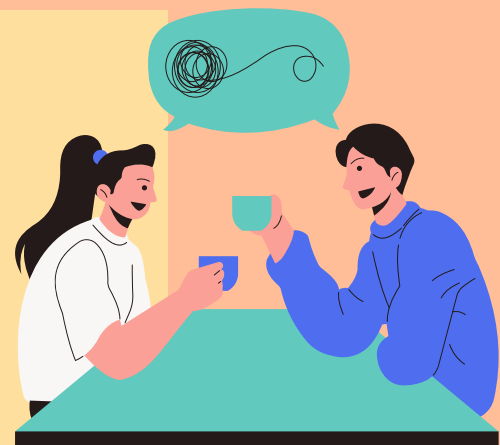
Example: Schedule specific social catch-ups with friends on days that suit you both. Keep some time for rest and relaxation on your own on the busier days of the week to make your goal of increasing social catch-ups sustainable.



05 ENLIST SUPPORT

Tell those you trust about your goal. Ask for their encouragement and support. A little bit of friendly accountability goes a long way!

Example: Talk to family and friends about your goal to be at home less often. See how your support network can help you socialise a little more – perhaps they can invite you out once a month, or you can update them on how you're doing as you work towards your goal.



06 REWARD YOURSELF

Find ways to meaningfully reward yourself each time you make progress. Reward yourself for your effort and hard work, not just for outcomes.

Example: Notice the benefits of your relationships from investing in them a little more, identify the feeling, and enjoy it! Alternatively, your reward might be some down-time - watching your favourite TV show or enjoying your favourite choccie bar.

