

Motivation Activity

People are motivated to change their behaviour only when they perceive the change to be important and when they are confident that they can achieve the change.

IMPORTANCE

1. Write down 10 reasons why feeling happy and liking yourself is IMPORTANT to you.

For example:

- to stop feeling anxious around other people
- to be more productive at work
- to get rid of this heavy feeling I'm carrying around
- to stop worrying about what other people think
- to feel confident in public
- to stop worrying my family/friends
- to feel proud of myself for finally feeling good enough about myself to achieve my dreams
- to stop sabotaging relationships
- to be able to look in the mirror and feel good

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Now, turn over and answer the question about CONFIDENCE on page 2.

CONFIDENCE

2. Write down 10 things that will help you feel more CONFIDENT about starting to live a happier life today?

For example:

- I will ask for support from my family
- I will think about something I achieved in the past
- I will make living happy a priority
- I will remind myself that when I put my mind to something I can achieve anything
- I will believe in myself from today onwards
- I will make 'me' an important person in my life
- I will make a commitment to stick to this program for the full 7 days to maximize my benefits
- I will write a note for myself that I can see first thing in the morning to remind myself of how much I really want to be happy

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Now you're ready to complete the motivation questionnaire.