



Motivation ... you got this!

Sometimes, we just can't seem to find the motivation for the things we know we need to do. Even if we can see the benefits and we know we will feel better by completing these tasks, motivation can elude us.

It is a myth that we need to 'find' motivation, or that we need to 'feel motivated' to do something.

When you find yourself procrastinating and thinking up lots of ways to avoid starting or completing something we need to do, try this Solutions-Focussed technique to find your own motivation!

On a scale of 1-10 (with one being the least and 10 being the most), how motivated do you feel right now for the task/s that you need to complete?

Take that number and be curious about why you chose that particular number. Congratulate yourself, meaningfully, on it being at this particular number. Seriously, you are doing the best you can at the moment, and that is ok. It won't always be this way.

What is the reason it is not a lower number? This helps you to focus on what may be helping or working at this time.

Now, be curious and think back to other times in your life. Have you ever been motivated to a higher level? What did that look like? What was happening at that time?

When motivation was higher, even if only by one step on the scale, what were you doing at that time which helped you to be productive and motivated?

Think more about what you were doing at that time and think of one thing that you can do now which will help you to increase your motivation for the upcoming task/s. No matter how small, any action leads to bigger things!

Now that you have decided on one thing which you will do to assist you to feel slightly more motivated right now, write a list of other things that you can do, either today or in the future, which will help move you from the original number you chose to a higher number on your motivation scale.

Now... go do it! You have got this!

This task sheet is made especially for you. You are your own best expert about knowing what will motivate you, and these questions will help you to reconnect with this and enhance your motivation.

Remember, the most critical part is to do the action afterwards, because even one teeny tiny movement can create big change.

If you would like further support and information about motivation in difficult times, please contact USQ Wellness Educators for support usq.edu.au/counselling

