

Motivational Workbook



Finding the time and motivation to make the
wee changes can make a **big difference** in helping you feel better
and regain a sense of purpose



SPEAK TO SOMEONE IF YOU NEED TO

Sometimes our motivation is affected by other factors which at this point may not be readily resolved by some lifestyle and behaviour changes. There are services and support to help you work through issues arising from life challenges or methods to learn to deal with them in new ways. If you need that extra support to speak through what you are feeling or thinking then find a local service near you, your GP may be able to help signpost them to you. This booklet is for self-help only and does not replace professional advice or support.

WHY IS MANAGING TIME AND BEING MORE MOTIVATED IMPORTANT TO YOU?

Please take some time to think about the following questions and capture your thoughts in the reflection boxes provided:

Is managing time and being motivated a problem for you? *(please circle)* Yes No

Why is managing time and being motivated a problem for you?

Managing time and being motivated is a problem because...

If you managed your time better and were more motivated what would you do?

If I managed my time better and had more motivation I would...

What is one small step you could take to start to move towards what you want to do?

Thinking about it, one step I could take right now to take me closer to where I want to be would be...

What would help you make that change?

I know no one can make the change for me, however, the following would help ME make that change...

Sometimes we want to do something, make changes, but we aren't 100% sure what it actually is we want to do. Take some time out now to really think about what matters to you. Capture your thinking in the box below:

The following is what matters to me and is important in my life...

WHAT MOTIVATES ME?

In the last box you have thought about what matters to you, use that now to think about what motivates you e.g. your children maybe one of things which matter to you, seeing them laughing and smiling is what motivates you.

Things which motivate me include...

MAKING THE TIME TO DO WHAT NEEDS TO BE DONE EVEN WHEN WE ARE BUSY OR JUST CANNOT BE BOTHERED

Sometimes we have too much to do and not enough time to do it, other times we have too much time and nothing to fill it with both can make us feel we just cannot be bothered with anything. Time management is about using time to best effect. In the box below reflect on how you use time.

My thoughts on how I use my time are...

MY VISION FOR MY LIFE

For now don't think about how it will be achieved, but think about what you would like your life to be, capture this as an image or words in the box below.

My vision for my life is as follows and the reasons this is important to me...

THE STORY I TELL MYSELF ABOUT MY VISION

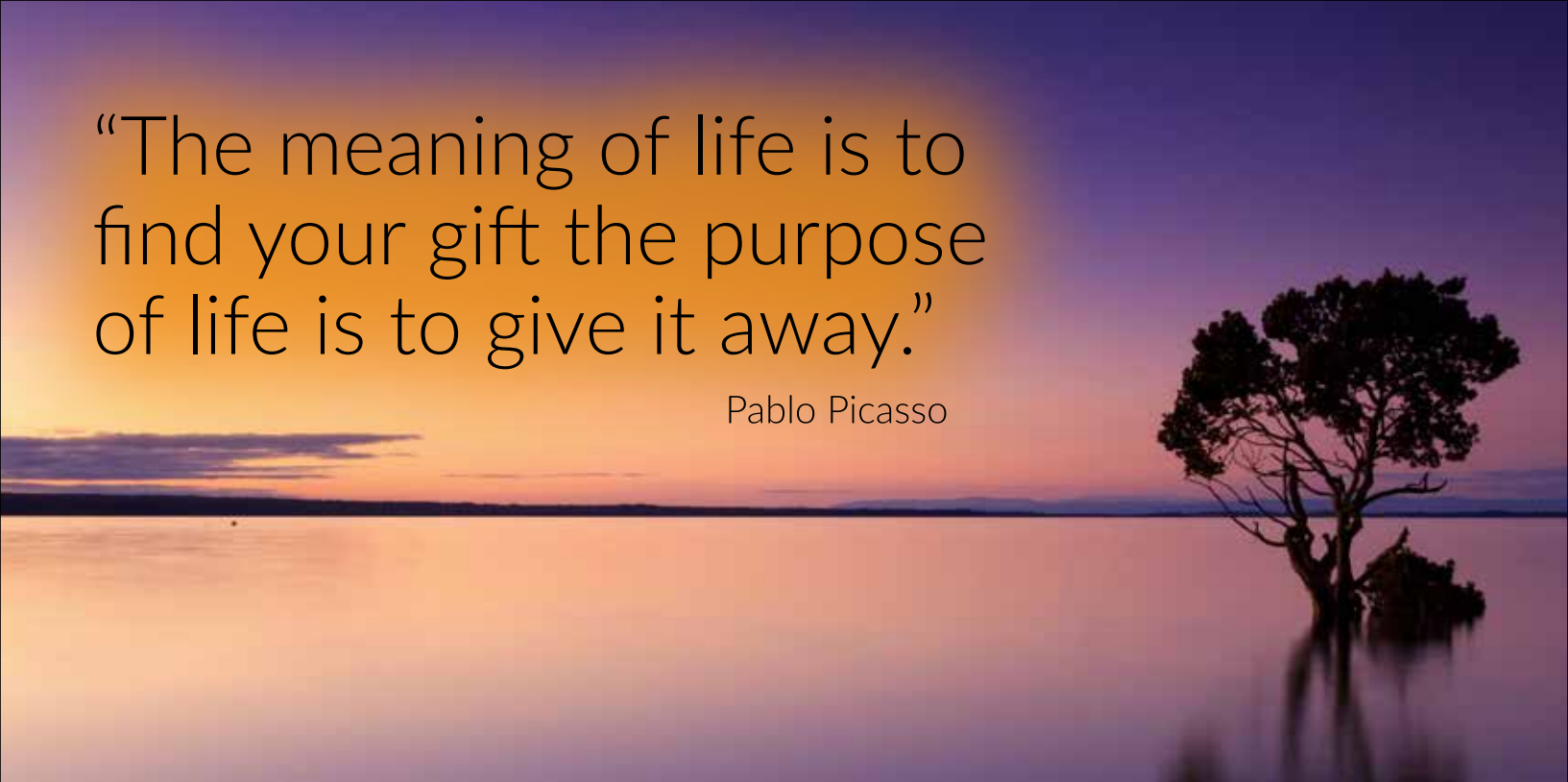
If we have a vision for our life but then our internal voice says you aren't ever going to get close to that then your motivation to make the time to make the change will go before it arrives. Take some time now to think about and capture what you tell yourself about how likely your vision is to come true.

What I say to myself about my vision...

WHAT DO I NEED TO DO MYSELF TO MAKE MY VISION A REALITY AND WHAT DO I NEED TO LEARN

Take some time now and think about what needs to happen for your vision to become a reality, what might you need to learn, what help or support might you need.

What would take me closer to my vision is...



“The meaning of life is to
find your gift the purpose
of life is to give it away.”

Pablo Picasso

LIFE DESCRIPTION

It maybe you are still not sure what is important to you, what your vision for life is, the following questions may help you think about that, read each question and capture your reflections in the boxes below.

This is what I want to do with my life...

These are the skills, experience, training I need to do what I want with my life...

LIFE DESCRIPTION CONTINUED

These are the unique skills I need to be who I want to be...

This is what I plan to do to have the life that I think will give me a sense of wellbeing and purpose...

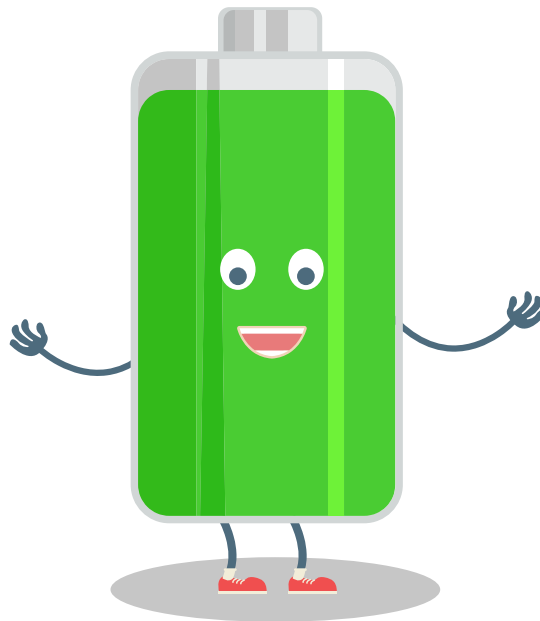
These are the attitudes, values, beliefs I think would be most helpful for me to succeed...



“The only time to look back is to
see how far you have come.”

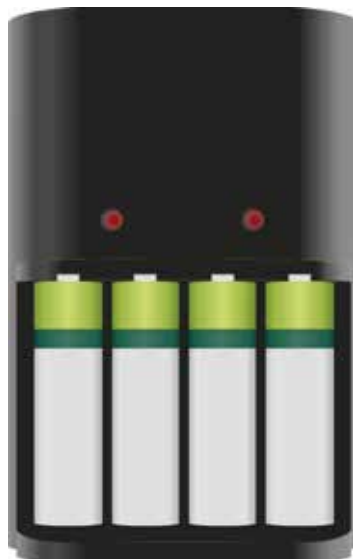
WHAT DO YOU SPEND YOUR ENERGY ON?

Imagine this battery
is your life energy,
draw round the
battery where you
invest your energy.



HOW DO YOU TOP UP YOUR ENERGY?

Imagine this is your
battery charger,
write out what
you do to top your
energy levels up.



WHAT ARE YOU PLANS FOR YOUR ENERGY LEVELS?

Capture in the box below what changes could you make on how you spend your energy and how you top up your energy which would take you closer to your vision?


Things I plan to save energy on include...

Things I plan to do to get more energy include...

Capture in the box below how you will feel when you have achieved your vision.

When I achive my vision I will feel...

do what
makes
you
happy

A long wooden suspension bridge stretches into a forest. The bridge is made of weathered wooden planks and has wooden railings on both sides. The bridge is supported by wooden posts and cables. The forest is dense with green trees. The sun is shining through the trees, creating shadows on the bridge deck.

“Be strong enough to stand on your own, smart enough to know when you need help and brave enough to ask for it.”



@COPEscotland

COPE Scotland Reg Ch No: SC022807

Website: www.cope-scotland.org

