



Educate, Advocate and Serve

2400 Reading Road, Suite 139 912 Scott St, PO Box 122604
Cincinnati, OH 45202 Covington, KY 41011
Office 513-721-2910 / 877-361-4518 / 859-431-1077
www.MHAnkyswoh.org / www.GuideToFeelingBetter.org



Motivation To Change

In order to make changes, the following are critical:

- 1) Recognize that you have a problem.
- 2) Write out a plan detailing how and when you are going to make the changes you feel are necessary in your life in order for you to be happier, more fulfilled.
- 3) Find a close friend you feel comfortable enough with to discuss the change you wish to make. This needs to be someone you can trust without reservation, who you know to be a good **listener** and advisor. The term "listener" can not be over-emphasized! The SINGLE most important aspect of this person is that they be JUST that. In other words, simply listen to what you have to say regarding your problem, your plan to change things and so on. This person should definitely NOT give you any feedback beyond that; not relate their own experiences and or how they solved the problem. Countless findings indicate that a confrontational approach by you or anyone in an advisory/counselor capacity often produces the opposite of the desired effect.
- 4) Establish a support system of friends, relatives, clergy or professional counselors who do or will care about you and your efforts to change.
- 5) Go to the self-help area of your local library to find out if there are any books that deal with your problem and offer good advice on how to go about learning the new behaviors/ways of thinking and acting you propose to make in your life.

Here are some motivational techniques that can bring you success:

Recognizing obstacles and learning to remove them can make your vision a reality. The quest for freedom is the basis for motivation. Total freedom is not necessarily desirable or possible, but the pursuit of that ideal is what motivates us to succeed. When you use this outlook as one of your motivation techniques you tap into a reserve of self motivation. People who develop a vision control their own life and destiny. With no vision, your life and destiny are controlled by outside forces. You must change your thinking habits in order to change your life, and you change your habits by keeping the desired results in sight. You'll have many smaller goals to reach before you get to the final result. Although this sounds simplistic it is one of the motivation techniques you can rely on. By learning to accomplish these smaller goals, you'll be motivated to take on the larger challenges and you will see the value in using motivation techniques. If you

surround yourself with motivated, visionary people you will naturally develop the attributes that helped them get that way.

Another motivational technique is failure. Failure teaches us to keep trying until we get it right. No one ever became successful without failures. Failure is a by-product of imagination and creativity. It challenges you to take risks and teaches you to keep trying until you get it right. The fear of failure is a common factor among those who procrastinate. If you want to succeed in reaching your goals, you must be willing to take a risk and lose. Many people trade joy, satisfaction and fulfillment for a job that is considered conventional and safe. However, if you use fear of failure to spur you on, it can be one of the most valuable motivation techniques. The unfulfilling job is not the failure; not pursuing your dreams is the failure. The power of your dreams is the primary factor in becoming motivated.

VISUALIZE YOUR GOALS

Everyone expects to get something for the time and effort they put in doing whatever job they do. Maybe your goal is a new house, a car, a vacation or just a new piece of clothing. Whatever it is that you are working for, make it visual. Cut out pictures that show your goal or that represent your goal in some way. Tape these pictures to a sheet of poster board and hang it in your home or at work or anyplace you can so you will see it often. Carry a picture with you so you can look at what you are working towards every time you become discouraged or feel like slacking off.

People who don't remember ever being slim found that they could cut out pictures from a magazine of someone else who was slim and then paste their face over the face in the picture. After the initial laugh about how silly that looked, they became used to it and found that it worked just as well as the others who had slim pictures of themselves.

People who write out what they are going to do are far more successful than people who only tell themselves they will do something. Putting something in writing makes it psychologically more powerful. In the contract, state what you will do, when you will complete the task and what your reward will be once the contract is fulfilled. Read your contract over every morning and every evening before going to bed. If your goals are too small or too large, revise them. You can rewrite your contract as needed but don't make it so easy that it becomes useless as a motivator.

You deserve the best! Believe in yourself. Your wellness is important.