



7 Steps to Motivate Yourself

1. Create desire and pleasure. See the rewards for your effort clearly and reward yourself after accomplishing a goal – make the effort and the reward for effort something to look forward to.
 - How good would you feel knowing you achieved your goal (even if it was a small goal)?
 - What will you gain by doing this?
 - Why is it important to me to get this done?
 - How is NOT doing this inconsistent with how you see yourself?
2. Create pain.
 - What will it cost you if you don't do what you need to do to achieve your goal/s?
3. Have a true interest in what you are doing.
 - If you are doing something you dislike, relate it clearly to a larger goal. For example, "I don't like doing study notes. But doing them means I'll get a better result in my exams."
 - Accept, enjoy or be enthusiastic about whatever you are doing. If you can't you may need to reconsider doing something different.
4. Have energy. You need your body to be healthy and full of energy to be motivated to take action.
 - Exercise regularly
 - Take breaks and rest
 - Get enough sleep
 - Eat food that will fuel your body in a healthy sustainable way.
 - Drink water
 - Caffeine and "sugary" foods will give you a temporary boost and then a crash.
5. Create empowering mental and emotional states.
 - Our thoughts and emotions drive our behaviour.
 - It's hard to be depressed and motivated at the same time.
 - Work through any negative states or at least do your work when you are in a better mood.



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6. Peer influence.

- If you want to succeed surround yourself with the right kind of people who will encourage you and support you all the way.

7. Chunk it down.

- Break tasks into small steps. Complete each step and reward yourself each time. This creates a feeling of success and that leads to being more motivated to complete the next small step.

Connect with your success

Take 5 minutes to write how you feel now that you have finished the task (whatever it is) that you have been postponing. For example, write as if you have already succeeded in achieving your goal.

Write as fast as you can with as much detail and emotion as you can.

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List 3 Goals, Tasks or Behaviours that you know will help you achieve the success you want.

- 1.
- 2.
- 3.

Have you created all or some of the 7 steps for motivation?

Now complete the checklist of the 7 steps to motivate yourself.

7 Steps to motivate yourself	Goal One Write Yes or No for each of the 7 Steps	Goal Two Write Yes or No for each of the 7 Steps	Goal Three Write Yes or No for each of the 7 Steps	How could you create each of the 7 steps?
1. Create desire & pleasure. E.g. How important is this to you?				
2. Create pain What will it cost you if you don't do it?				
3. Create interest Can you accept, enjoy or be enthusiastic about what your doing?				
4. Create Energy Do you take care of your body? Do you exercise, take breaks, get enough sleep, eat well, drink water?				
5. Create empowering self-talk. Do your thoughts and emotions help you achieve what you want?				
6. Create a strong peer influence Do your friends and family support and encourage you in your goals?				
7. Create a chunking approach Do you break large tasks down into manageable parts? Do you reward yourself after you complete each part?				