

Resource Hub – Motivation to change

Coaching can help you to make changes in your life. Change requires motivation.



Motivation to change

A motivated person...

Personal reasons – knows their personal reasons for doing something and does it for themselves, not because they ought to.

Commitment – really wants something and is willing to make the effort- is ready for long-term effort.

Tolerance – is willing to experience some unpleasant feelings to get their goal, and has decided they can live with these.

Independent – is willing to work on their own.

Realistic – knows there is no guarantee of success.

Belief – believes it is possible to achieve the change/goal.

Coaching

Explore the following with your WPH coach

- 🕒 **Recall past successes** - Remember when you have done something difficult that you didn't have to do, even though you weren't sure you would succeed. Something that you focused on at length. What gave you the energy to keep going?
- 🕒 **Reasons/values** - What is important to you? Thinking about the following areas of your life can help e.g. relationships, family, social life, work, spirituality, health and wellbeing.
- 🕒 **Five years' time** - Imagine yourself in 5 years' time: age (your age, the age of those close to you) Imagine a typical day. Where will you be living? How will you be feeling about yourself? How will others be feeling about you? In the first future, imagine you haven't made the changes you want. In the second future, imagine you have made these changes. What are the important differences between the 2 futures?
- 🕒 **Reasons not to change** - Think of reasons not to change. Do they really go against your goal? How relevant are they? Decide on trade-offs. Be honest about what you will lose.
- 🕒 **Thoughts and beliefs** – What are you saying to yourself? Become more aware of unhelpful thoughts. Pinpoint the most unhelpful thoughts and deal with them.
- 🕒 **Goal setting** – create an action plan. Focus on the behaviours required to achieve the goal. Regularly review your plan.

Need help on this? Please do get in touch

theteam@workpsychologyhub.co.uk 020 3488 3460