

Good morning and happy Monday team!

I hope you all have had a great weekend. You are about to embark on a motivational journey. No matter what changes you are thinking about making, we will explore **what**, **why**, and **how**. Many of us think about change from the perspective of either you do it or you don't. This is more than simply making the decision to change or having the right amount of information and knowledge. The process is more often like a marathon than a sprint. We will start by planning for change.

#### What is your goal?

- Pursuing goals helps us feel fulfilled
- Feels a sense of purpose and meaning
- Make time to establish your goals

#### What is in the way of your goal?

- Barriers can take multiple forms
- As you think about goals think about what might get in the way of achieving it
- Internal obstacles: low confidence, lack of knowledge, competing priorities
- External obstacles: lack of support, financial resources
- Successful change rarely occurs without overcoming specific obstacles

#### Why? Can cause Ambivalence

- Feeling two different ways at the same time
- "I'd like to make a change, but it's too hard"
- Cognitive Dissonance= lacking harmony in the way we think  
It's a bit like being out of tune. If your guitar is out of tune, it's easy for you to stop and use a tuner to adjust. But if you didn't know how to tune the instrument or felt too frustrated, you might put away the guitar and stop playing

Instead of saying "yes, but" try saying "yet" Example: "I am good with exercising, but I need to diet." Try saying "I am good with exercising, yet I need to work on my diet."

How we talk to ourselves helps us reframe our struggles with change and motivation.

#### 10 Steps to Positive Self-Talk

1. Take time to consider how you speak to yourself.
2. Consider your thoughts related to the change you are thinking about
3. Give yourself positive affirmations
4. Be grateful
5. Believe in your success
6. Don't compare yourself to others
7. Be kind to yourself
8. Conquer the fear of failure
9. Discover your purpose
10. "I am in charge of my own happiness."

### Homework for the week

Write down the changes you want to make (or continue making):

Write down the reasons why you want to make these changes:

Write down the steps you plan to take in changing:

“Small changes eventually add up to huge results.”

Peace,  
Maggie

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