

Good morning and happy Monday team!

I hope you all had a great weekend and an even better week. Last week, we discovered internal obstacles and unhelpful thoughts that can derail our goals. This week we will evaluate strengths and resources that will help build confidence, develop motivation, and believe change is possible.

**Motivation = problem recognition (awareness) + importance (priority) + confidence and hope**

First ask yourself the ceiling and floor questions:

What is the **best** thing that could happen if I make this change?

What is the **worst** thing that could happen if I don't make this change?

**Hope is feeling optimistic about the future.** It's an expectation that something will turn out well.

Whether it's something you instantly have or slowly build up, being hopeful about achieving your goal is paramount. **Finding hope is a matter of calling forth that which is already there.**

1. What makes people feel hopeful in general?
2. What makes you feel hopeful?
3. What gives you hope about making this change?

Inspiration is a means of instilling hope and optimism.

1. Where can you find inspiration?
2. Who inspires you?
3. What are some quotes and images that inspire you to work toward your goal?

Sometimes, recognizing the importance in motivation is assessing our values. Think about your top values. What values will you need to prioritize to help you reach your goals?

Also, think about your strengths. Think about how each strength can help you work toward your goal.

Strength: \_\_\_\_\_

How can it help: \_\_\_\_\_

Strength: \_\_\_\_\_

How can it help: \_\_\_\_\_

"When in doubt, choose change."

- Lily Leung

Peace,  
Maggie

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