

Good morning and happy Monday team!

I hope you all had a great weekend full of Halloween! Last week, we outlined our goals to help keep us motivated. When you're trying to change a behavior, it's very important to plan how you will reward yourself if you accomplish your goal. Yes, rewards are important. Meaningful rewards strengthen desirable behaviors and motivates you to stay on track. Also, staying organized helps keep us motivated.

#### Reward Factors

1. Do you have the resources to obtain this reward promptly?
2. Are you willing to withhold this reward?
3. Is this reward significant?

Think of 5 potential rewards

"If I stick to my goal, I'll reward myself by doing..."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If you want to be successful and feel motivated, being organized is essential.

- Make a to-do list of tasks that will help you get organized.
- Seek positive information daily: A steady flow of positive information is essential to staying focused. Think of educational resources that will help you learn more about the goal area or tips for successful efforts.
- Think about the big picture and your big why: revisit your ultimate goal and keep that dream alive
- Focus on what you CAN control and let go of things you cannot
- Be consistent: Create a schedule that includes consistent time to focus on your goal plan

"Before the reward there must be labor. You plant before you harvest. You sow in tears before you reap job." - Ralph Ransom

Peace,

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