**Encouraging Motivation Worksheet**

*Everyone has moments when their motivation is lacking, when the disinhibiting thoughts take hold and you feel ‘later’ is always better than now. This is normal and sometimes we need a push or change in perception to remind us that we have control to the extent that we can change our behavior and what we think. This worksheet is intended to help encourage this.*

| What needs to be accomplished that you are struggling to get done? |
| --- |

| What thoughts do you have that stop you from staying motivated? |
| --- |

| What alternate thoughts could counter these debilitating thoughts? |
| --- |

| How do these negative thoughts make you feel? |
| --- |

| How do you feel when you overcome these thoughts or accomplish a task? |
| --- |

| List 3 steps you can take to keep yourself motivated? (e.g. in small chunks, do most important task first etc.) |
| --- |