

Motivation Activity

People are motivated to change their behaviour only when they perceive the change to be important and when they are confident that they can achieve the change.

IMPORTANCE

1. How important is living a happy life to you?

On a scale where 1 is not at all important AND 10 is extremely important, please circle how important living a happy life is to you?

1 2 3 4 5 6 7 8 9 10

2. What made you choose that number - *what things did you take into consideration?*

3. What do you like about the thought of being happy?

4. It's good to see that you're taking that into consideration. Is there anything else that's contributing to your score?

5. If you scored below 7, what would make you, or motivate you, to increase that to a 7 or 8?

Note: If you scored 7 or more, move on to the section on Confidence – on the next page

6. What's going to happen to you if you don't start to live a happier life?

7. What would life be like if you started to live a happier life today – *how would life look in 5-10 years?*

(e.g. research shows people who live a happier life are healthier, more energetic, slimmer, experience less stress and have a lower risk of experiencing illnesses later in life)

8. Now that you have thought about these things, how would you rate your level of importance on the scale from 1 to 10?

1 2 3 4 5 6 7 8 9 10

If you now rate your importance at a 7 or more, move onto the 'Confidence' section.

If your level of importance is at a 6 or below, repeat questions 5 – 8 until you can think of enough reasons to get your score up to a 7 out of 10.

CONFIDENCE

1. How confident are you about being able to start living a happier life?

On a scale, where 1 is not at all confident AND 10 is extremely confident, please circle how confident you feel that you could start living a happier life?

1 2 3 4 5 6 7 8 9 10

2. What made you choose that number, *what things did you take into consideration?*

3. It's good to see that you're taking that into consideration. Is there anything else that's contributing to your score?

4. If your score is below 7, how do you think you could raise your confidence to at least a 7?

Note: If your score is 7 or more, you can finish the task here. Your motivation is high enough to start feeling happier

5. Thinking about past success can increase your confidence to change your behaviour. **When in your life have you made up your mind to do something and did it?** *It might be something new you learned, or a habit that you quit, or some other significant change you made in your life. When have you done something like that?*

6. Were there any barriers you had to overcome to make the change and how did you do it?

7. What did you attribute to your success?

8. Do you know of other people who have successfully improved their happiness? What worked for them?

9. Now that you have thought about these things, how would you rate your level of confidence on the scale from 1 to 10?

1 2 3 4 5 6 7 8 9 10

If you now rate your confidence at a 7 or more, your motivation is high enough to start feeling happier. If your confidence is still only at a 6 or below, repeat questions 5 – 9 until you can think of enough reasons to get your score up to a 7 out of 10.