

## Motivation & Goal Setting

What motivates you?

- Opportunity to learn something new
- Money
- Satisfaction
- Desire to be happy
- Avoidance of pain
- Desire to get a job
- Encouragement
- Opportunity to meet new people
- Something to look forward to – gives meaning to the day
- Speaking my mind
- Security
- To have nice things
- Desire to live a happy life
- Sharing with others
- To provide for family
- Boredom
- Practice time keeping

What would stop you?

- Lack of motivation
- Fear
- Laziness
- Constant knock backs
- Poor pay
- Family Issues
- Negative Thinking
- Bad past experiences
- Lack of opportunity
- Job Centre
- Not having the skills
- Relapses
- Ill-Health
- Lack of knowledge
- Being in a wrong relationship
- Peer pressure
- Lack of confidence
- Finance/benefits
- Not taking up opportunities

What would you put in place?

- Perseverance
- Positive thinking
- Stay away from negative people
- Be more assertive
- Look at new ways of doing things
- Set clear, reachable goals
- Make a list of positive & negatives of what I want
- Practice being confident
- Being open minded
- Prepared to try new things
- ASK for help
- Use the positive people
- Recognise & reward achievements