

PREWORK

#4 MOTIVATION



Module 4 looks at what motivation is and how we can identify and access it.

To Prepare:

Review eModule 4

Think about your own health behaviours.

What do you want to do and what do you have to do?

What is a behaviour you do that is internally motivated?

How does it make you feel? Do you want to do it or have to do it?

What is a behaviour you do that is externally motivated?

How does it make you feel? Do you want to do it or have to do it?

Print out your motivation tool kit. Have it handy to use in the coaching practice activity