

Strategies to increase motivation:

Clients feel motivated when they can clearly see the link between the behaviour and getting something they want.

- Best self: Support your client to get excited about the future. Work with them to creating an inspiring wellness vision
- Connection to values: why the goal is important to them, how a behaviour/goal gives them something they value, fits with their identity
- Feeling good: connect to the enjoyment/benefit/of the activity

Assess importance using a scaling question:

“How important is it to you to work on_____ given the other priorities you have in your life?” (where 0 = not important and 10 = very important)

Option: Ask why chose that number and not a lower number, why that number and not a higher number.

Value

- Why is making a change important to you?
- What do you value, what matters to you?
- How does your health affect what matters to you most?
- What are you hoping to gain from making this change?
- How will your health help you achieve your ideal life?
- How you will feel once you have achieved your goals

Vision

- What would you like your health to look like by...?
- What would you like to do in the future? How will your health help you?
- How you will feel once you have achieved your goals?
- What would making this change allow you to do?
- What would be different from what you can do or how you feel today?

Create a wellness vision

A wellness vision captures ‘what’ you want to achieve in the future, living your ideal, healthy life.

Ask your client to picture living life as their healthiest self.

- What do they look like? How do they feel?
- What are they doing that they can’t do now? How is their life better?
- What is possible as your best self?