

To Change or Not to Change- You Decide

How to sustain healthy self-motivation

In order to sustain healthy self-motivation, you need to:

- Believe you deserve to accomplish change in your life.
- Set realistic goals.
- Visualize successful change.
- Devote energy, effort, sustained vigilance, and personal sacrifice.
- Accept personal responsibility for problem behavior.
- Believe that only through personal efforts can a problem behavior be changed.
- Reinforce self success, no matter how small.
- Be able to break a large goal into smaller ones, which are obtainable, reasonable, and measurable, and to reward yourself for the attainment of these sub-goals without regret over the remaining steps still needing to be accomplished or satisfied.
- Accept that change of old habits is a lifelong process.
- Realize that the efforts to change do not end once the elimination of old behaviors is attained.
- Sustain the change in problem behaviors by occasionally reminding yourself of the motivation behind keeping the changed behaviors going

Books to Consider:

McGraw, Jay Life Strategies for Teens (workbook available as well)

Covey, Sean 7 Habits of Highly Effective Teens