

Maintaining motivation

The following worksheet is useful for people to do in the maintenance stage of change to help them stay on track and keep up their motivation.



SMART tool: Maintaining motivation worksheet

What were your original reasons for making a change?

What changes have you noticed so far?

How have these changes affected your life?

What will the future look like if you continue to work towards this positive change?

Why is this important to you?

What will the future look like if you stop working towards this change?

How do you feel about this outlook?

What can you do to keep your motivation high?