

Ultiself Motivation Routine

Motivation is the orientation of effort and focus on a goal. You can improve it by building the right habits.



Value Reflection - Pursuing goals rooted in your core values leads to higher satisfaction.

ACTION - Identify and review your values at least every week.



Setting/Reviewing goals - Identifying and setting goals may help to define specific actions to work on.

ACTION - Define and check your goals every week.



Visualization (mental contrasting) - Visualizing your goals and the obstacles you might face increases your motivation.

ACTION - Imagine achieving your goals and possible obstacles every day.



Positive Self-Talk - Talking to yourself in a positive manner improves your focus and effort.

ACTION - Say good things about what you're accomplishing every day.



Implementation Intentions - Creating small rules for yourself helps to improve commitment and motivation.

ACTION - Set "if-then" rules to implement your goals when you need it.