

Increasing Motivation & Confidence

Motivation

- Safe atmosphere
- Empathy
- Unconditional acceptance
- Facts with hope
- Weigh pros & cons
- Define the Why
- Honor values & beliefs
- Wellness visioning
- Readiness exercises
- Success stories

Confidence

- Make commitment
- Start small
- Add, rather than take away
- Have a flexible plan
- Build on previous success
- Anticipate obstacles
- Insights into behavior
- Affirmation & encouragement
- Use proven success strategies
- Cheerleaders
- Accountability