

MODULE 1B

LIFE SKILLS SUPPORT GROUP

THE RIGHT FRAME OF MIND

MOTIVATION

GOALS: This module helps participants get started toward taking positive actions in their life. They will be able to set career related goals and reward themselves for making small steps.

OBJECTIVES: Participants will be able to:

- identify barriers and concerns that prevent taking action
- discover meaning in their life—what drives them to want to improve
- set self-reward system for each accomplishment

MATERIALS: Handouts: Motivation, Things That Interfere, My Life Has Meaning, Things I Really Enjoy

MOTIVATION

There are just some things that are hard to get motivated for, things like house cleaning, shopping, paying bills etc. Yet motivation is the wood that sets our lives aflame with meaning and focus. It keeps us going when the going gets tough. It “turns us on!” Have you thought about the things, people, places, situations that motivate you? Motivation is best when it comes from inside you, and you don’t have to have someone else motivating you. You do it because you want to. There may be only a few things that motivate you, but what ever they are they are powerful igniters. If you can find out what motivates a child for example, you can get that child to perform duties that otherwise would be difficult. If you are no longer motivated to act or accomplish something in your life, you may be discouraged, tired, or depressed. Be encouraged, it only takes a small fire to kindle a dream or pursuit! Once you tap into that thing that stirs your interests, and desires, you will find that it stayed there waiting on you. Just pick it up and start off where you left off.

THINGS THAT INTERFERE WITH MY GOALS

1. I have trouble taking the first step.
2. I need childcare.
3. I did not finish high school.
4. I am too old to go back to school.
5. I don't know where to start.
6. I don't have support.
7. I need clothes.
8. I don't know salary to ask for.
9. I don't have transportation.
10. I lack basic work skills.
11. I had a bad experience with my last job.
12. I am not physically able to work.
13. I want to wait until my kids are in school.
14. Other.....

MODULE 1B

MY LIFE HAS MEANING WHEN

I CAN.....

- 1.
- 2.
- 3.
- 4.
- 5.

I HAVE.....

- 1.
- 2.
- 3.
- 4.
- 5.

I WOULD BE MORE SATISFIED WITH MY LIFE IF

I COULD.....

- 1.
- 2.
- 3.
- 4.
- 5.

THINGS I REALLY ENJOY DOING

- 1.
- 2.
- 3.
- 4.
- 5.

IF I HAD TO REWARD MYSELF FOR DOING SOMETHING WELL

I WOULD.....

- 1.
- 2.
- 3.
- 4.
- 5.