

EASING THE LOAD OF CHRONIC HEALTH

8-Week Coaching Program - Pilot
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**8 WEEKS MASTERY TO
LEARNING HOW TO FEEL
ON TOP OF YOUR
HEALTH INSTEAD OF IT
FEELING ON TOP OF
YOU, THROUGH
LIFESTYLE, HABITS AND
MINDSET**

Week 4

Building Motivation

LET'S GET MOTIVATED

- Use this course to encourage you to make changes now
- I would like to make improvements but
- “It’s all too hard”
- “I’ve tried it before”
- “I have no motivation”
- To become motivated you need to know where you are heading and why



START WITH THE POSITIVES

- **What are you really happy with?**
- **What is working well?**
- **What are you really good at?**
- **Okay now...**
- **What would you like to be working better?**
- **What would you like to be doing better?**
- **What areas in the greatest need of change right now?**

SNOWBALL EFFECT

- **It's like a snowball**
- **You start with the area that feels easiest and is important**
- **You make changes you know you can in that area**
- **This builds your confidence**
- **Then you start to see changes in other areas**
- **And then you have more confidence to tackle the bigger things**

DIFFERENT MOTIVATORS

- **There is a difference between internal and external influences**
- **Fear as motivation will get you started but not keep you going**
- **“I should”, “I must”, “I have to” – these are external**
- **“I choose to” and “I want to” – these are internal**
- **Internal are the strongest types of motivators**
- **You want more motivators to be internal to keep you going**

YOUR VISION

- **Change takes time and a lot of self awareness**
- **Write a simple sentence of what you would like to well in your life**
- **Start with one thing**
- **If I were to make this change, what else could change?**
- **What could it spark off that could create something different in your life?**
- **Trying to create a clear picture of what your life would look like if your wellness were at its best for you**

WHAT AND WHY

- **So what do you want?**
- **And more importantly, why?**
- **Remember what you said when you were asked why are you in this course in week one**
- **Answering 'why' helps you to tap into your values**
- **What behaviours do you need to change to make it happen?**
- **Are there certain areas of your routine that need to change to make it happen?**

WHY HASN'T IT HAPPENED YET?

- **What is stopping you from getting there?**
- **What is the cost of not getting there?**
- **How long has this been going on?**
- **If nothing changes what is the impact if this keeps going on for you?**
- **How are you going to get there?**
- **Where do you want to start?**

BREAKING DOWN OBSTACLES

- **The way to overcome obstacles is to have a game plan for them before they come up**
- **Ask yourself, what could get in the way?**
- **There will be something otherwise you would already be doing it**
- **Then create strategies to overcome your obstacles**
- **Think of these strategies as experiments**

KEEP IT BASIC

- **This is a journey and you've only just begun**
- **You can take it slowly**
- **Always stay focussed on where you want to get to**
- **And why**
- **It's not a race**
- **New habits take a while to be ingrained**
- **What does optimal health and wellness look like to you?**

MAKE IT COMPELLING

- **Creating a picture of what you are working towards that is so compelling and so enticing to you that you have no other choice but to work towards it**
- **It makes what you are going through right now not enough for you anymore**
- **Makes your current reality not fulfilling enough to allow yourself to stay stuck there**
- **Your current reality will start to cause you pain because it is no longer enough**
- **You will do more to move away from pain then to move towards pleasure**

STAY ON TRACK

- **You will hit roadblocks and obstacles**
- **Creating that vision so strong that when you do hit those setbacks that you will come and pick yourself back up**
- **Because what you have created is so exciting for you that you can not allow yourself to stay stuck**
- **Motivation is motives to move forward**

FIND DEEP DESIRE

- **Deep down inside you have strong burning desires inside of you to want something more**
- **You have a way to make it happen you just have to figure out the path to get there**
- **Your values are what's important to you**
- **They are you current reality**
- **If what you are doing right now isn't working for you then check in with your values**

TAP INTO FEELINGS

- **What are your motives to make changes?**
- **Picture what you want and the life you want to create**
- **How is it going to feel?**
- **What is it going to create?**
- **What are the costs of not having that right now?**
- **Creating that burning desire within you to go for something more**

HERD MENTALITY

- **Pulling in the right company and peer support**
- **You will only go as far as the 5 people you spend the most time with**
- **Are you spending a lot of time around people who are also unmotivated?**
- **You will stick to the herd**
- **Survival brain - if you were out on your own you were in a lot of trouble**
- **Make sure you are aware of who you spend your time with**
- **Start to notice the conversations that you are around regularly**

DREAM BIG

- **Allowing yourself to dream about it and ponder on your dreams**
- **Do not concern yourself with how you are going to get there in the long run**
- **How much are you allowing yourself to really think about your dreams?**
- **The idea can bring up pain because you are not even sure it is possible**
- **That is why it is something you are working towards over the next 5-10 years, you have time to mess it up and try again**

FIND THE BALANCE

- **Do not create it to the point where unless you have exactly what you want you will be miserable**
- **Find contentment along the journey**
- **You are always going to want something more if you haven't shift your mindset**
- **Right now is great but, how can I make it even better?**
- **Creating fulfilment within yourself first**

THE RIGHT PERSPECTIVE

- **When you get bogged down and things aren't going well**
- **“I will be happy when I have that” thinking leads to those setbacks spiralling**
- **You have already created this discontentment with where you are now that when you hit a setback you are going to really spiral**
- **Finding beauty in your current reality**
- **See the beauty in where you are right now**
- **You will handle those setbacks a lot easier**

CHOOSE YOUR FOCUS

- **I can see the value in what I am doing right now**
- **I am still working towards something**
- **There is no good or bad that is human concept**
- **I can see value in what I am doing right now**
- **I am still working towards something**
- **This wasn't a failure on me this was just a part of the journey**
- **This mindset will make a difference to how the path goes**

REMEMBER SELF-COMPASSION

- **“You should be feeling better”, “you should be doing better”**
- **Be kinder to yourself**
- **Do not beat yourself up for going through what you are going through**
- **Our reality is what it is**
- **What is coming up for you physically and emotionally**
- **Allow yourself the reasoning to see it as, “this is what I am going through right now and I will feel better for it but I will allow myself to feel how I need to feel right now”**

YOU ARE ALWAYS PROGRESSING

- **There is still progress in the way you are dealing with things**
- **You may realise that you are not getting so knocked around your circumstances as you used to**
- **That is still growth**
- **It feels like a snails journey and you may not feel like you are progressing**
- **If you are to reflect back on to how things were you will see that there has been an impact**
- **All you need is a one percent increase each day, one percent growth at a time**

ASK THE RIGHT QUESTIONS

- **Your mind will always bring an answer to the questions you ask**
- **Ask the right questions**
- **“what am I doing well” vs “what am I doing wrong”**
- **You are always going to find answers to the questions you ask yourself**
- **The brain needs to answer your questions**
- **Dance with your questions a little bit**

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QUICK QUESTIONS?