

Motivation

Finding a Reason and a Manageable First Step

Adults and teens 13+ | 10 to 15 minutes

Motivation changes with energy, meaning, resources, emotion, and circumstances. Difficulty starting is not proof of laziness. This page helps distinguish a goal you choose from a demand you do not endorse, then makes room for a practical step or a needed adjustment.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Check whose goal it is

Ask what the action would serve and whether you want that outcome. If the task is unavoidable, name the practical reason without pretending to enjoy it. A goal may need negotiation rather than more pressure.

Reduce the starting burden

Choose the first visible action, such as locating a document rather than completing the whole application. Consider help, rest, information, accessibility, or a different deadline. The smallest useful step depends on your situation.

1. What task or change are you considering, and why might it matter to you?

2. What is making starting difficult: meaning, energy, information, emotion, or access?

3. What adjustment or support would address that barrier?

4. What first action fits your capacity, and when will you reconsider the plan?

Clinical use and adaptation

Assess depression, pain, fatigue, neurodevelopmental needs, and material barriers when relevant. Avoid moralizing inactivity or prescribing activation during possible mania. Support autonomy; declining or revising a goal can be a reasonable outcome.