

Motivation

Instruction

People often find they feel different after any form of brain injury. They often say, 'I don't feel the same', or 'I don't have the same get up and go.' Sometimes people say they feel less motivated or apathetic, and just don't want to do the things they did previously. Complete the following questions to find out:

- 1 Do you think that your motivation, drive and initiative is reduced since your brain injury?

Yes definitely Slightly Not at all

- 2 List five things that motivate you right now. These are things that energise you, or make you want to get up and do something.

- 3 What have you initiated in the last week? It could be something small or trivial, or something much larger.

- 4 Think of something that motivates you. Now make a plan involving that activity that you will carry out over the next few months.

- 5 Lack of motivation could be due to be a number of factors such as poor planning ability, or lack of desire, or even depression. Discuss what might cause your difficulties with motivation.

How did you find this exercise? Easy OK Hard What one thing have you learnt from it?