



Stay Inspired by Planning for Change



Overview: In order to make situation better it helps to have an inspirational plan for making positive change. Making positive lifestyle change happen is often the product of an interaction of three key factors: Insight, External Motivation, and Internal Motivation. Review and discuss the following:

▶ **Insight...**

- ✓ Understanding
- ✓ Self-awareness
- ✓ Vision
- ✓ Discernment

In order to change an issue it is important that we first recognize and then try to better understand what it is that we need to work on.

▶ **External Motivation...**

- ✓ Support
- ✓ Structure
- ✓ Encouragement
- ✓ Incentive

When someone or something else outside of us is providing help, this can often be the difference between success and failure. Both consequences and incentives can serve as an outside “push” to stay between the lines and remain on the path to success. Support also is so valuable and necessary

▶ **Internal Motivation...**

- ✓ Inspiration
- ✓ Ambition
- ✓ Determination
- ✓ Drive

This is often the most important factor of the three but usually cannot exist without the other two. Internal motivation is the drive that comes from within. Internal motivation is fueled by a strong heartfelt desire that over time can strengthen and endure the temptation to give in or give up.



INSIGHT: Coming up with a Plan

A. Insight starts with being honest with yourself. While keeping that in mind, using your power of insight and self-awareness, what are some things that you have learned that you need to remember in order to move forward and make progress? Some examples are provided below to get you thinking:

- ▶ Sometimes when I use certain substances I can lose control
- ▶ I have gotten into trouble either directly or indirectly because of my substance use so there is a good enough chance that I will get into trouble again if I continue using
- ▶ I have experienced loss (loss of money, freedom, relationships, etc.) either directly or indirectly because of my substance use
- ▶ I probably would be further along in my life (school, career, goals, etc.) if it wasn't for my substance use

Using INSIGHT - List your own thoughts and ideas that can help you keep a good level of self-awareness. Think about important lessons you've learned about your substance use that you do not want to forget - Be honest with yourself

- 1.
- 2.
- 3.

B. What lies might you tell yourself that could potentially make you overlook or ignore what you have learned?

- ▶ I can stop any time I want too.
- ▶ I'll quit tomorrow
- ▶ I'll just use once in a while
- ▶ I deserve to be able to keep on getting high

Using INSIGHT - List your own personal thoughts and ideas about ways you may try to trick or deceive yourself that you may to stay aware of and avoid

- 1.
- 2.
- 3.



EXTERNAL MOTIVATION: Coming up with a Plan:

Consequences – One point of consequences is to be motivational. For example, why are the penalties so extensive for drunk driving? The purpose of these drunk driving penalties (fines, arrests, loss of license and other consequences) is to motivate people to change their behavior and refrain from intoxicated driving. Sadly consequences alone often may not work to change behavior but staying aware of consequences can help.

What actual or potential consequences can serve as motivation for you right now? For example:

- ▶ I'm on probation so if I get caught with another positive urine its possible jail for me
- ▶ I am already on thin ice at work so if I come in late again because of my substance use I'll get fired
- ▶ My significant other is about to leave me if I don't cut out all the partying

EXTERNAL MOTIVATION – Consequences - What actual or potential consequences of substance use can serve as a reminder and motivator for you to do the right thing?

1.

2.

3.

Incentives – Similar to consequences, having incentives for positive change can also be a source of external motivation and inspiration. Consider some examples:

- ▶ If I can put together some clean time I'll be able to get my business started back up successfully
- ▶ I am getting so close to getting custody back of my kids if I can keep making progress
- ▶ If I stop using drugs I'll get myself back into healthy habits again and start looking good and feeling good

EXTERNAL MOTIVATION - Incentives – What rewards and other potential positive outcomes can you think of that will help motivate and inspire you?

1.

2.

3.



Support – Perhaps the most important aspect of external motivation is the help and encouragement we receive from others. Where can you go, what can you do and who can you turn to for help?

- ▶ Friends
- ▶ Family
- ▶ Support groups
- ▶ Treatment providers

EXTERNAL MOTIVATION - Support – List three people or places you can go for support, assistance, guidance and/or encouragement

1.

2.

3.



INTERNAL MOTIVATION: Coming up with a Plan

Internal Motivation is often the most important factor but can also be the hardest to maintain. Consider three key inspirational aspects of internal motivation: **Values, Hope, & Courage**

Values - Choose three key motivational values for the box below

INTERNAL MOTIVATION – Values - People, things, or ideas that are of high importance to you that are worth fighting for, even during times of struggle – List three people, things, or ideas that are of high importance to you that can help you stay motivated and inspired

- 1.
- 2.
- 3.

Hope – Complete the following statements of hope in the box below using your own words

INTERNAL MOTIVATION - Hope – To look forward with desire and confidence; to believe; to trust. Complete the following statements of hope using your own words:

I believe that I can succeed because...

If I feel myself losing hope I will...

One positive and inspirational vision of my future that I will not let go of is...

Courage – Complete the following statements about courage using your own words

INTERNAL MOTIVATION – Courage – The quality of mind and spirit that enables a person to face difficulty, danger, pain, etc. without allowing fear to hold them back

When I feel like giving up I will

When I feel like I'm afraid or not strong enough I will....

If I experience a setback or make a mistake I will get back on track by...



INSIGHT → MOTIVATION → INSPIRATION

My personal plan for motivation, inspiration and success with my goals

(cover)

Putting it all Together – Now to complete this plan and put it together so that you can use it you will need:

Scissors and a stapler



Directions – After you have completed each box for this activity, then go back and cut all the boxes out. Cut the cover out as well. Afterward, staple all the boxes together so that you have a book of personal inspiration to help you achieve your goals.