

# Exploring your motivation and mindset.

When it comes to making positive changes, your motivation and mindset matter. Read the tips below\* and consider experimenting with them as you work toward better health.

## Tap into motivation.

**Motivation is the force that inspires you to take action.**

- Remember your deeper reasons for change.**  
Set aside time to reflect. Why is your health important to you? Why do you want to change your lifestyle? Remind yourself of your “why” often, especially when motivation dips.
- Identify your personal strengths.**  
Make a list of your personal strengths. Ask someone else what they see as your strengths. How can you use these to help you move toward your goals? Practice using them in your daily life.
- Use positive self-talk to shift negative thinking.**  
Write down positive affirmations that resonate with you. When you have negative thoughts, say one (or a few) positive affirmations to yourself. Use compassion and positive self-talk to shift your thinking.
- Take time to celebrate wins: big and small.**  
Avoid taking an “all or nothing” approach to success. Regularly reflect on your progress. Think of ways to celebrate your success. Maybe you do a little dance or yell, “yay!” Find something that works for you, and be sure to practice celebrating right after your win.

## Cultivate a growth mindset.

**Growth mindset is viewing setbacks as opportunities to learn and grow.**

- Embrace challenges.**  
When self-doubt shows up, think about times when you tried something difficult and succeeded. Remind yourself that learning from your challenges can help you improve and succeed.
- Shift your fixed mindset.**  
Give your fixed mindset a name. Recognize when and why it shows up. Reframe your mindset by replacing words like “never” with “not yet.”
- Focus on progress, not perfection.**  
Think about goals as experiments. You can always learn something valuable. Remember there’s only feedback, not failure. Any progress is better than nothing.
- Reframe setbacks as opportunities.**  
View setbacks as a chance to learn and grow, and avoid self-criticism. Instead, focus on the next best thing you can do to support your health. Plan and move forward.

\*References on file.

**For one-to-one support, connect with a MOBE Guide or Pharmacist.**

Schedule a visit by downloading the MOBE Health Guide app or calling **844-841-9725**.



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