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Domain: Mental

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Title: Change & Motivation Exercise

Time: 60-90 min

Purpose:

- Inspire change & goal accomplishment
- Identifies areas of individual weaknesses
- Creates plan to address barriers that prevent success
- Motivates personal growth & development

Instruction:

Note: Use accompanying “Change Plan” worksheet

Audience members will begin by identifying personal short & long term goals. Team leader then identify common audience goals and discuss reason why people struggle with accomplishing goals. Team leader will then instruct audience members on the concept of making choices based on motivating factors in order to inspire change. Audience Members will continue by identifying strengths, weaknesses, opportunities & barriers.



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Motivation and Goal Setting

***“Why Set Personal Goals?
It Gives Us Reason to Live!”***

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Dream It, Believe It, Achieve It

TODAY YOU WILL BE ABLE TO:

- 1. Identify a life-long goal**
- 2. Discover your motivation to change**
- 3. Determine reasons for changing**
- 4. Assemble short and long-term goals**
- 5. Prepare for setbacks**
- 6. Determine your motivation and confidence**

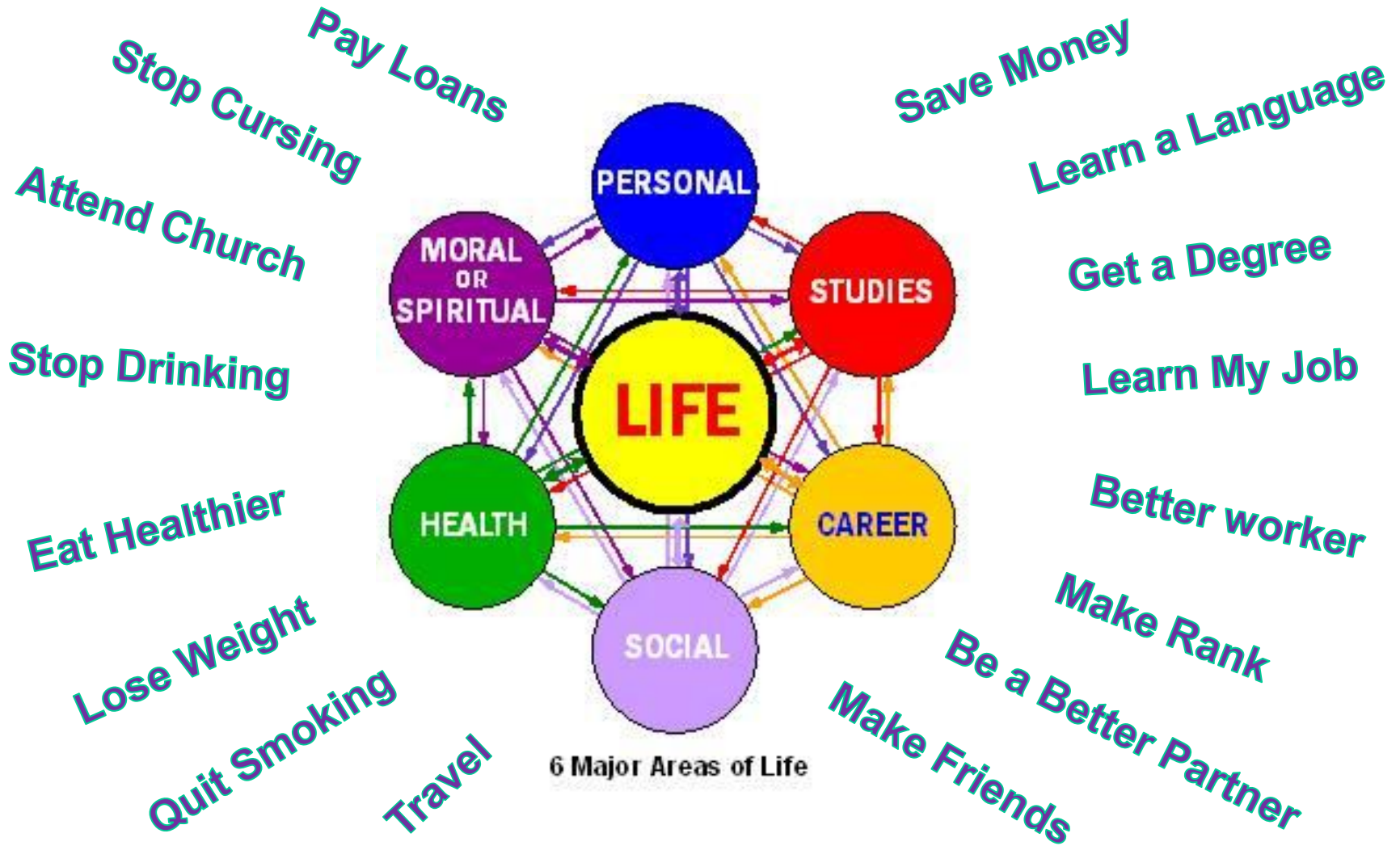


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What area of your life would you improve on?



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Why do all this work?

- 1. Determine the most important reason for making the change...**
 - A) List several compelling reasons for the change.**
 - B) Why make the change NOW versus later?**



Keys to goal setting:

1. **Establish long-term goals**
2. **Develop short-term goals to meet long-term goals**
3. **Be prepared to revise and establish new goals**
4. **Consider sharing your goals with others to enhance your commitment**
5. **Determine obstacles that could interfere with progress**
6. **Set-up backup plan in order to address obstacles**

“A goal properly set is halfway reached.” - Abraham Lincoln



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Write a Clear & Defined Goal

■ S.M.A.R.T. Goals

- Specific
- Measurable
- Attainable
- Realistic
- Trackable



• Long-Term Goals are 6-12 months out

- What can you *realistically* build up to in 6-12 months?

• Short-Term Goals are up to 4 weeks

- What can you *realistically* build up to in 4 weeks that builds up to your long-term goal?

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How did you do?

Is your goal specific?

How is it measured?

Is the plan attainable? Is it do-able?

Is it physically safe and smart?

Is it too challenging or not challenging enough?

Is the goal realistic? Are you willing?

In light of other life demands, is the plan reasonable?

How are you tracking your progress?



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Maintaining Progress

- **Keep it meaningful to you**
 - **Periodically reassess motivators / benefits**

- **Reward yourself**
 - **List several ways you could reward yourself when you meet a weekly goal**
 - **List several ways you could reward yourself when you meet your long-term goal**



Planning for Setbacks

- Know your **RISKS** for setbacks that keep you from achieving your goals
- Write down your setbacks, barriers, and backup plan
 - List setbacks that may get in your way
 - List ideas for addressing each barrier
 - Write a backup plan
 - Identify what others can do to help you meet goals

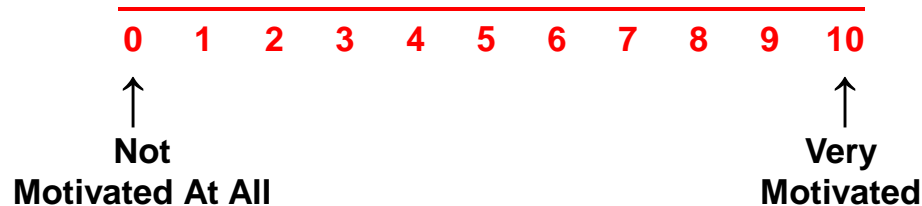
SLIP → **LAPSE** → **RELAPSE** → **COLLAPSE**



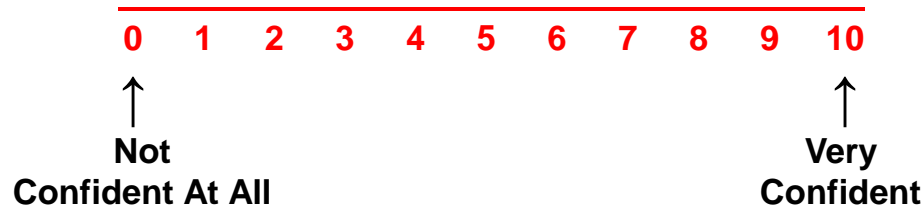
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Motivation and Confidence

How motivated are you to accomplish your goal?



How confident are you that you can successfully meet your short & long term goals?



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