

How do I keep motivated to complete the program?

People trying to complete a program often face three common obstacles. Below, we propose strategies for overcoming them.

I FIND IT DIFFICULT TO FIND TIME TO DO THE MODULES.

- Decide on a time of the week and a place where you can settle down to complete the modules. This first attempt may not work, so you will need to determine a second option, which you will call your plan B.
- Give yourself a visual reminder, such as a post-it note on the mirror. This works better than receiving a notification on your mobile—we already receive a lot of those notifications.

I LACK MOTIVATION THIS WEEK TO DO THE EXERCISES.

- Imagine that you receive congratulations from someone close to you who encourages you to continue.
- Review the general objectives of the program.
- Remember your three personal objectives for wanting to complete this program.
- Remember the three key values that support you in this program.
- Remember the pros of doing the program and the cons of not doing it.

I FEEL BETTER THAN I DID AT THE START OF THE PROGRAM AND I'M NOT AS KEEN TO CONTINUE.

- The fact that you're feeling better is very good news! However, it should be noted that the program prepares you for the tough times you may face in the future. So, in order to take full advantage of the program, we encourage you to complete it.
- We have found that participants who engage in the program consistently and through to the end are those who gain the most from it. They enjoy long-term benefits by applying several of the strategies they learned on a regular basis.
- Continue to explore the modules and do them at your own pace.