Well-Being; it’s about the Do’s, not Don’ts

The Power of Small Steps
The last time you tried to make a change, but it didn’t work. What happened?
When change flops?

- Willpower
- Time
- Motivation
- Skills
- Competing Goals

When change flops?
Motivation = Importance + Confidence

Motivational Interviewing; helping people change, 3rd Edition by W. Miller and S. Rollnick
Motivation Equation

High Importance + High Confidence = High Motivation

Low Importance + High Confidence =

High Importance + Low Confidence =
Presentation:

- Telescope - Values (Importance)
- Microscope - Goals (Confidence)
- Candy Dish - Ideas
Values:

Deep down inside, what is important to you?

What do you want your life to be about?

What sort of person do you want to be?

If you weren’t struggling with your feelings or avoiding your fears, what would you channel your time and energy into doing?

What sort of relationships do you want to build?
Values versus Goals

Always working toward vs fixed point
Heading West vs Going to Wall Drug
The pieces of the circle below are some focus areas that affect academic performance and overall well-being. Rate your satisfaction in each area by selecting a number between 1 and 10 (1 = very low satisfaction and 10 = very high satisfaction). Then make a line across each wedge of the circle. See the example at the right.
Motivation = Importance + Confidence

Confidence = Plan/Goals
Confidence = Goals

• We have to get small
• Have to be looking in the right area
• We lose confidence when the action step seems like more than we can achieve.
Values-based goals

• Doable
• Sustainable
• Where there’s a will
Find Value in the journey, not the destination
Goal Setting

• Make it something you can control
• Write it down
• Visualize
• Don’t set a Dead Person goal
Make it small, no smaller!

Something that takes < 60 seconds
The Willingness and Action Plan

• My goal is to ....
• The values underlying my goal are ....
• The thoughts, feelings, sensations, and urges I'm willing to have in order to achieve this goal are...
• It would be useful to remind myself that ....
• I can break this goal down into smaller steps, such as ....
• The smallest, easiest step I can begin with is ....
• The time, day and date that I will take the first step is...

The Happiness Trap, Harris (2008)
Working through setbacks

- Imperfection is okay
- New skills are challenging
- Focus on the action, not the self-talk
Action is sustained when it aligns with your values.

Focus on One Small Step.

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