

TEEN WELL BEING

A Handbook for Optimal Living
by Consummate Health

**ENHANCE MOTIVATION
and
INCREASE SELF ACCEPTANCE**

PRACTICAL ADVICE |
STRATEGIES | EXERCISES

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INDICATORS OF A LACK OF MOTIVATION

You find it difficult to be creative

You feel unsure about things

You seek approval from others

You expect to be motivated all the time

You lack the drive to finish things

You easily become anxious or depressed

You find it difficult to complete a task

You expect to experience a constantly high level of motivation

”

I'm always messaging & on social while studying

”

”

My marks could be better

”

”

I'll put it off until tomorrow...

”

If I can't do it perfectly, it's not worth doing

”

LACK OF MOTIVATION

As you move into teen years there's a natural shift from being motivated by external factors such as parental, teacher and social approval to internal motivation. You start to contemplate how life can best work for you, what life means to you and what naturally motivates you.

Traditionally this has been the time to chart your path to becoming an adult. When you begin to make more of your own decisions and take on responsibility for yourself and your life.

This can be challenging though. Sometimes it seems there are too many decisions to consider; you experience uncertainty or anxiety about how best to approach decisions and this can appear as a lack of motivation.

WHAT RESULTS CAN I EXPECT TO SEE WITH THE CORRECT SUPPORT?

As individuals we differ in our response to support and intervention because we are unique. The tools suggested here have been selected based either on scientific evidence, their wide and successful use in clinical practice, or both. All have been chosen for their ease of use.

Results will depend on the extent and duration of experiences, as well as general health, environmental and social factors. With regular practise of exercises and techniques, and by implementing a few of the simple lifestyle recommendations, changes can usually be noticed in 2-4 weeks.

When shifts occur, exercises and techniques can be changed, used differently or gradually stopped. It's a way to adapt the techniques to your own pace and personality.

If you're unsure of your experiences in any way, or suspect an underlying physical or medical condition it's important to seek further healthcare provider or medical advice.

Do not stop prescribed medication without medical supervision.



Information and techniques in the Teen Well Being Programs should not be used to diagnose or treat medical conditions. Use is at discretion of the individual. Consummate Health may not be held responsible for inappropriate use of information in this Handbook.

STEP BY STEP GUIDE TO IMPROVE MOTIVATION

STEP 1 **Become Aware**

Take time to get in touch with how you're feeling and to become aware of surrounding circumstances. Awareness is the first step towards change.

STEP 2 **Accept**

Don't self-criticise or expect yourself to behave differently. Start by accepting yourself, the behaviour that you're enacting and the situation. Try not to judge or analyse, but see that this is how things are at the present moment.

STEP 3 **Take Action**

Awareness and acceptance build a launch pad for action.

You will find techniques, strategies and tips in this guide to help you understand behaviours and to effect change.

Read through the guide and review the Action Plan. Choose one self care exercise that seems easiest for you to follow and start to practise it every day.

Be consistent. A little every day is better than more infrequently.

STEP 4 **Check In**

5-7 days after starting an exercise, assess your progress. Take 5 minutes or so to complete the Check In.

Do this every 5 days, and refer back to previous Check In results to monitor changes in your feelings and actions.

STEP 5 **Keep Going...**

Review the feedback based on your Check In.

Choose another self care exercise from the Action Plan and add it to your routine, or follow the recommendations based on your Check In.



BECOME AWARE OF CIRCUMSTANCES

ASK YOURSELF

Answer Yes or No to the following questions.

Do you:

- Set or have you set yourself overly high standards?
- Allow room for making mistakes?
- Receive a lot of negative appraisal or disapproval from other people?
- Have a low frustration tolerance - easily become impatient with others and situations?
- Have a vision of the future for yourself?
- Fear failure?

In thinking about & answering these questions, you may now have more of an idea of why you lack motivation. Take a few minutes to reflect on your answers and how they could be interacting with or affecting your level of motivation.

If you resist certain activities simply because they don't interest you, consider these words:

*"You have to do what you have to do
so you can do what you want to do."*

- Josh Shipp

A good example is - making the effort to include nutritious foods, such as vegetables, in your diet when you can't stand them. You choose to 'grin and bear' them, because you know they give you the energy you need for your hobbies or to play sport.

If you have identified an underlying reason for your lack of motivation you are now in a great position to change course.

And, if you still have no idea what lies behind your 'apathetic' frame of mind, it doesn't matter. Not knowing won't stop you moving forward.



ACCEPT

So you lack motivation right now—don't resist it. Embrace it and accept that this is how things are at the moment.

And remember: you have the right to make mistakes, and if an outcome or situation is not ideal it is generally not the end of the world.

We can learn through our mistakes and improve immeasurably as a result of them.



TAKE ACTION

Read through this entire booklet then choose one self care exercise from the Action Plan that seems easy for you to follow. Practise and become familiar with it. Then do this exercise every day for 5-7 days.

*One technique, practised consistently
can make a positive difference.*

MOTIVATION IN ACTION



MEDITATION

Listen to the Chakra Balance Guided Meditation included in your Teen Motivation pack.

As 85% of external stimuli is eliminated when your eyes are closed, this is the most effective way to listen to the meditation. With less stimuli to process, your brain doesn't have to work so hard to change its patterns of thinking.

Allow 10-15 minutes for this exercise. Sit somewhere comfortable for you, take a few deep breaths, close your eyes and start listening to the audio.

If initially you find this difficult, the guided meditation will still have a positive effect if you have your eyes open. Alternatively, play it in the background while studying, on your computer or just lounging around.

Research shows that regular meditation assists physical, mental and emotional health in many different ways and can promote creativity and successful endeavours.

Start by playing once a day. Over 3-10 days increase to twice per day.

ESSENTIAL OILS

Essential oils have strong therapeutic value and require no real effort to reap the benefits.

An electric oil heater, vaporizer or diffuser makes it simple. Add a few drops of the Teen Motivation oil to your chosen heater and leave it to diffuse into the room while studying, socialising, having some downtime and especially when listening to the Guided Meditation.

If you don't have a diffuser or if you're on the go, place a few drops of oil onto a handkerchief or tissue, and wave it under your nose as you take 3-4 deep breaths.

Use the Teen Motivation Oil daily to help with mental clarity, concentration & feelings of increased energy & pep.



SEDONA ONE

You can address your lack of motivation by using the Sedona technique. This technique involves letting go of, or releasing thoughts and feelings that make you feel uncomfortable. It restores the ability to be present in each moment rather than being caught up in unhelpful mind chatter.

Remember, if your lack of motivation is due to an identifiable underlying issue such as a physical condition that makes you fatigued, or being bullied, this needs to be addressed. Still practise the Sedona method right away though. It will help release any feelings of frustration, concern or flatness you may experience due to decreased motivation.

We're going to look at two different ways to apply this method. Choose the one that most appeals to you.

Ready to go...

- o **Pick up a small non-breakable object such as a pen or pencil.**
- o **Hold the object in front of you and grip it as tightly as you can in one hand.**
- o **Now pretend the object that you are holding represents your lack of motivation.**
- o **Look at the object and start to tap into what you are feeling.**

What does lack of motivation feel like to you? Take as long as you need to notice what is going on. You want to identify, without overthinking, the emotion that surfaces when you regularly delay tasks or put things off.

When you are upset or concerned at your lack of motivation, do you feel it in the pit of your stomach?

Do you get a tight band around your head? Or do you feel shaky and anxious?

If you're finding it difficult to connect to a feeling then remember a time recently when you felt stuck and tap into that emotion. As you continue to look at the object, check into your body again.

What do you feel?

Where do you feel it?

- o **Now open your hand and roll the object back and forth across the palm of your hand.**
- o **Notice that the object is not actually fixed to you. Notice how it moves.**



This is equally true of the feeling associated with delay or inertia, when you just can't get on with anything. You can move the feeling of being stuck as easily as the object in your hand. It's not fixed to you nor is it an unchanging part of you.

This means you can let it go.

It's easy to believe we have no control over our feelings or the actions we resist taking. Yet this simply isn't true. Your feeling is just like the object you have been holding in your hand. You are in control of its movement. So now is a perfect time to make the conscious decision to let it go.

- o **Now drop the object from your hand and imagine that you are dropping the feeling along with the lack of motivation attached to it.**

How easy was it for you to drop the object? Pretty easy? You now know it runs true for your emotions as well. You are in the 'driver's seat'. You can choose to let go of any feeling or emotion that is stopping you from enacting change, whenever you choose.

INTERVAL BREAKS

When studying, or applying yourself to any task, schedule a five minute break every hour. Stepping away, even for a short time, will help maintain focus & motivation.

Set a timer or alarm to help keep you to schedule.



TIMETABLE OBJECTIVES

Timetable daily activities and goals.

Take time each week to think about and write down one objective for each day.

You can print off and use the Schedule that appears below to help clarify and organise your objectives. They can be related to sport, hobbies, interests, family or social life, domestic responsibilities, physical exercise—anything that will give you a true sense of achievement once completed.

Tick off each objective as you meet it, and spend a few minutes feeling satisfied with yourself.

OBJECTIVES

TODAY'S DATE / /

TODAY'S WEATHER    

MY GOALS

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I'M GRATEFUL FOR

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TO DO TODAY

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MY ACCOMPLISHMENTS


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 SCHEDULE

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

THIS WEEK'S OBJECTIVES

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BREAKFAST	LUNCH	DINNER	1	2	3	
			4	5	6	

WATER

TODAY'S MOOD

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REMINDERS

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JOURNAL

Journal for one week using your non-dominant hand.

If you're usually right handed, write using your left hand and vice versa. It will probably feel unusual and awkward at first but keep going. Don't worry about messiness or even what you are writing –just put down any thoughts that enter your head until you fill one A4 page. Don't analyse what you have written. When you're done, put the page or notebook away and don't read it back to yourself until the end of the week.



When we write with our non-dominant hand we can more easily bypass our conscious mind. While we rely on this part of our mind to function in the world and make day to day decisions it can lead to a fixed view of things. Sometimes the conscious mind can already have an explanation for something or fail to see the big picture.

By using this exercise you can tap into the subconscious mind to bring a different perspective to your experience. The aim is to identify what is behind your lack of motivation.

At the end of the week when you read your pages, try to identify common threads or thoughts that relate to your motivation. You may uncover causes you hadn't considered before. If helpful, explore these further by journalling with your dominant hand or specifically letting them go using the Sedona Technique.

Your higher self, allowed to freely communicate can give you reasons for your current state as well as solutions that are out of the box and life transforming.

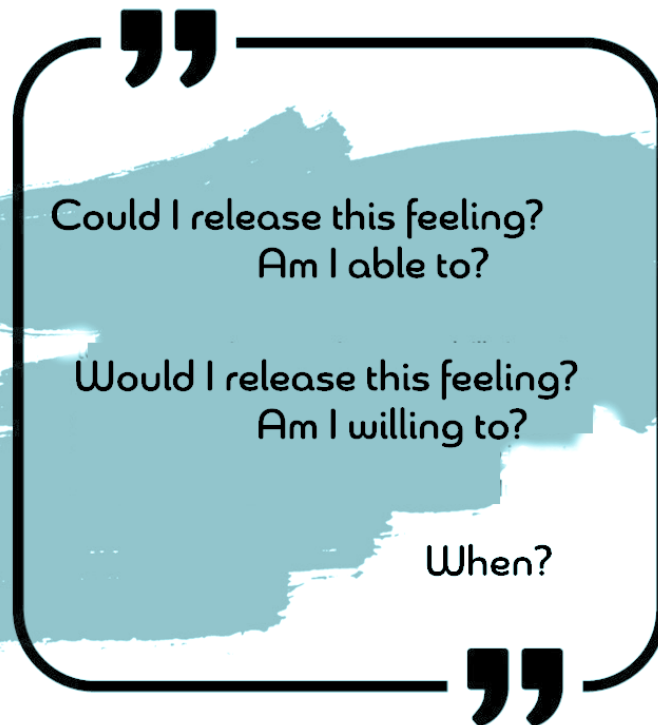
SEDONA TWO

As you think of your lack of motivation, take your awareness into your body and see where the feeling you associate with the problem sits inside you. You may feel a little 'queasy' in the stomach, or your head may be tight or heavy. You may have an uncomfortable feeling somewhere entirely different.

Once you have located the feeling, look at it as objectively as you can. Curiously, as if you are looking at something that really doesn't have anything to do with you. You are the impartial observer.

Don't analyse it, just keep observing.

The feeling or area may be uneven or look dark. It could feel cold or suffocatingly warm. Then ask yourself the following questions, one at a time:



Your answer to the first two questions will be yes or no. It doesn't matter which answer you get. Yes or no, just let the answers come to you naturally. Don't push for them.

Remember not to analyse anything, especially the results. It is of no consequence whether the answer you receive is yes or no.

Your answer to the last question could be: never, now or next week.

Once you have replied with an answer to the first question move on to the next one.

When you have finished answering all three questions, take a nice deep breath and bring your awareness back outside your body and have a look around.

Then when you are ready, take your awareness back inside. Go back into the same area of the body you were concentrating on before.

Look around inside again.



How does it feel?

Has anything shifted to another part of your body?

Is the feeling less strong or powerful?

Usually something has moved or changed at this point even if only slightly.

Repeat the steps of this Sedona process until you no longer have any of the original feeling left. Until the feeling you associate with delay, lack of motivation or inertia, is quite literally gone.

Practising this technique can last a few minutes or a lot longer.



KEEP GOING

5-10

Lack of motivation is still challenging you. Don't worry, change can sometimes take a little time and persistence. To help you move forward at a faster pace:

- Accept how you are feeling at this moment. Remember not to criticise yourself or be disappointed with your present situation.
 - Choose one of the other suggested exercises to do alongside the one you are already doing, and step up the number of times you do these exercises each week.
 - Stand tall with your head held high to encourage confidence.
 - Set yourself one goal, choose a date to achieve it by and do your utmost to meet it. For example, start an activity that you have been putting off.
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11-15

You may not know it quite yet, but the foundation of motivation is being laid down now.

- Take time to congratulate yourself on what you have already accomplished.
 - Select a family member or friend with a positive attitude and talk to them about how you are doing and feeling.
 - Try another exercise alongside the one you are currently doing and alternate the two regularly through the coming week.
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16-20

Pat yourself on the back for all the progress you've made. To help increase motivation further:

- Choose one of the other suggested exercises and do it alongside your present one.
 - Bring to mind a time during the past week when you felt a strong sense of accomplishment at your level of motivation and then spend a few moments enjoying the memory of it. Completely immerse yourself in the feeling.
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21-25

What you are doing is working.

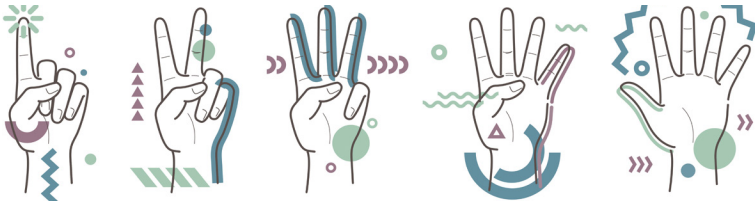
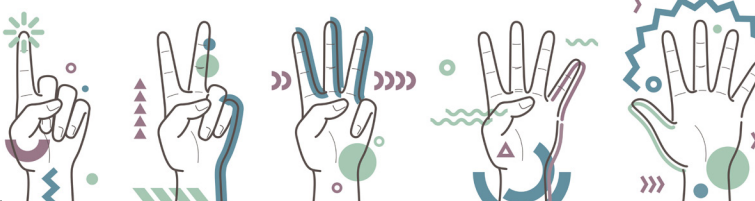
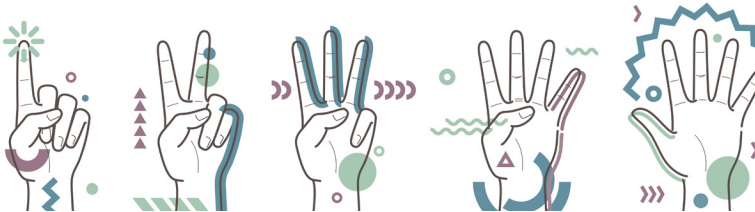
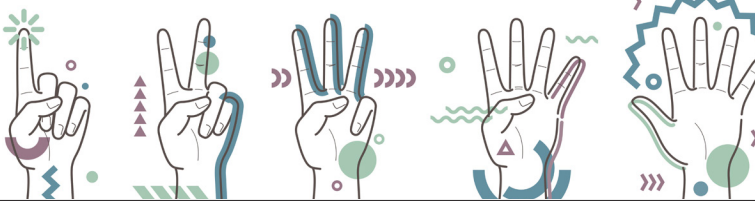

- Keep going with your present exercise or switch to another one to enhance motivation.
 - If you have achieved your optimal level of motivation change the way you use the exercises. Use one or more every so often; say weekly or monthly, rather than every day, to keep challenging yourself.
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CHECK IN

It's time to Check-In. Every 5 to 7 days, take a few minutes to assess your feelings and behaviours. For each item below, rate your experience from 1 to 5, where 1 is least strongly agree or feel and 5 is most strongly.

Add together each rating and use the total number to review your progress.

<p>I feel more self assured this week and generally less doubting.</p> 	
<p>I completed more than one task this week, or something I've been putting off for a while.</p> 	
<p>I've been more accepting of my performance, or times when I don't feel like studying.</p> 	
<p>I enjoyed a creative outlet or project this week.</p> 	
<p>I have set and met objectives every day this week.</p> 	

TOTAL

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed.

I’ve failed over and over and over again in my life. And that is why I succeed.”

-MICHAEL JORDAN