

Low or High Motivation Worksheet

Teachings from BJ Fogg on facilitating, *not motivating* behavior change!

When Motivation is High:

Do the hard things:

Here are 3 hard things to do when motivation is high:

1. Do hard things that STRUCTURE future behavior
You want to make it hard not to do the new behavior.
Set a new default that will be challenging not to follow.
Ex. Want to lose weight. Get shoes. Get a trainer.
Schedule the trainer everyday for a week — prepaid.
2. Do hard things that reduce barriers to future behavior.
Ex: Buy fruits and vegetables. Bring home and wash them. Cut and put in fridge — right in the front.
3. Do hard things that increase people's capability.
Ex. Learn a new recipe. It's hard the first time — easy after that.

'Motivation is often low.
Harness whatever motivation exists in the moment.' Teachings from [BJ Fogg](#)

When Motivation is Low:

Do the easy things:

1. Trigger an easy structured behavior change.
Do the super easy thing that is the smallest step — predetermined for the regular reality of low motivation moments/days.
2. "Tiny Habits"
Ex: The one minute meditation.
3. Baby Steps for longterm change
Make steady progress in the tiny habits. Tiny habits grow naturally.

DO's + DON'TS

for Early to Bed

do's

Listen for your body's fatigue

Your body speaks in signs and symptoms. Learn the early signs of fatigue. Parents watch children rub their eyes. Learn you body's signs, such as the desire to recline. Practice taking action on fatigue.

Plan ahead.

You have to schedule an earlier dinner. If you normally work out after work, you'll need to move it to before work. You'll have more time in the morning from going to bed earlier.

Take baths in winter.

Winter nights are long with the sun setting early. Use the nights to take care of your self. Enjoy a hot tub. Add sea salt, epsom salts and a few drops of lavender or eucalyptus essential oil.

Take walks in summer.

Enjoy the long nights of summer by taking a stroll with your friends or family. Spend time planting a garden.

Massage your feet.

Taking a moment to massage your feet, dry or with coconut oil, before nodding off ensures a deeper sleep. Just take your feet in your hands and rub the tension of the day out. You'll sleep better.

Meditate + give thanks

Before your day is done, sit up, either on a cushion or in bed. If you're too tired, lie in savasana in bed. Reflect on what you learned on this day. Give thanks for that and to anything that helped you learn. If you worry at night, keep a pad by your bed, and write down any next actions you can take the next day.

Then, practice releasing the world of the relative... or the reality of your thoughts, emotions and even sensations. Let go into being. And go to sleep.

don'ts

Blow off signs that you are tired.

After dinner, take stock. How was your energy today? Were you tired? Did you need caffeine for a lift? Listen for your body's fatigue.

Be a regular with T.V.

Each Sunday, set out your intentions for your evenings. Include reading, writing letters, journaling, playing games, or talking walks. What is most important, relaxing and enjoyable? Schedule that in. If you like watching t.v., sports or movies, schedule it in, instead of surfing randomly.

Don't eat a late dessert.

If you had dinner early enough, your mind might convince you to have a little something sweet before bed. Ignore your mind! Your joints will work better the next day.

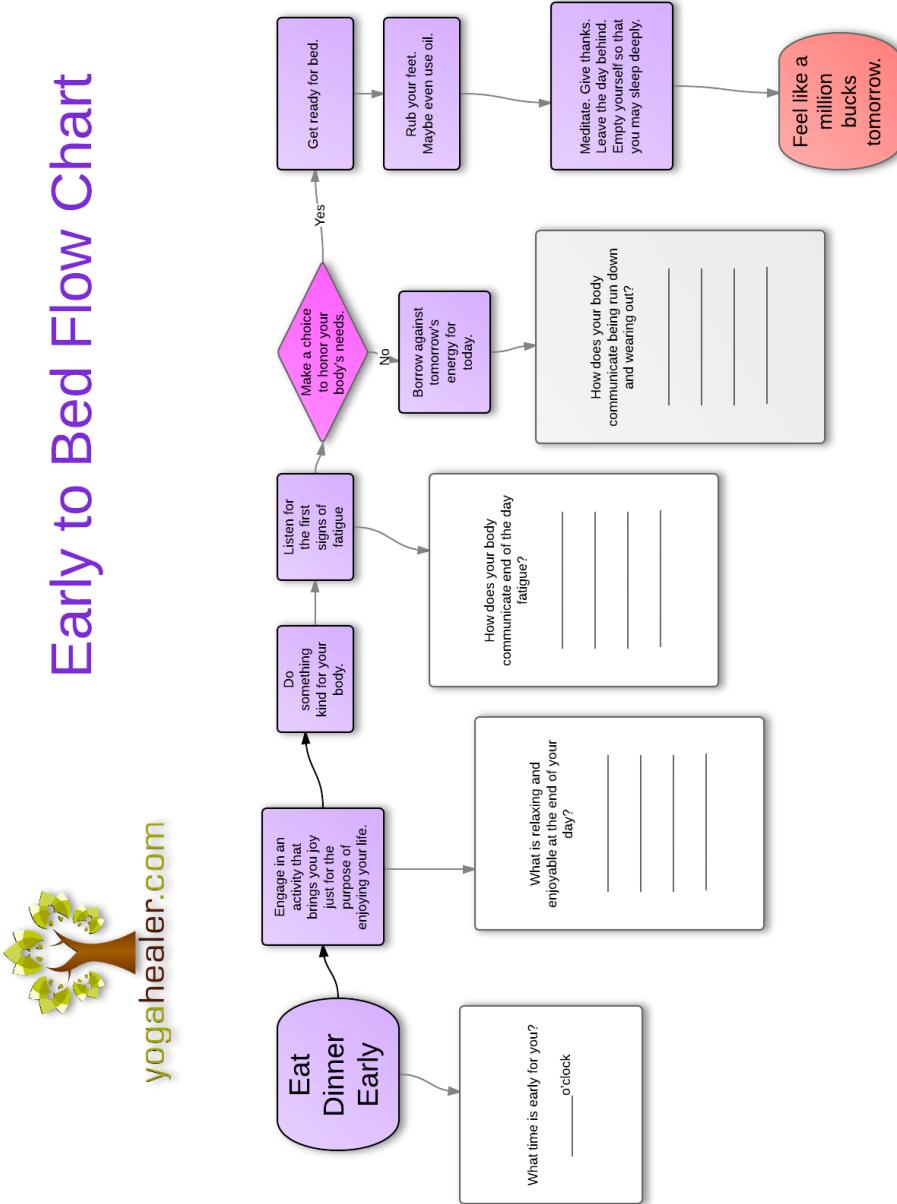
Burn the candle at both ends.

Perhaps you've heard this expression. If you're someone who tries to get things done before bed... you're never going to experience the vibrant health your body is capable of. Start to be reasonable with what you can do in day. Take the best time for yourself, in the early morning, and before bed.

Work evenings

If you are trapped in an evening job, take a long term horizon. See the long term — how do you want your evenings to be in 6 months? In 1 year? In 2 years? Start to make choices each week to get your evenings back. Soups, stews, fruit salads, green salads, marinated salads, one pot meals. Keep it simple.

Early to Bed Flow Chart



Evening Rituals + Routines

for Early to Bed

At some point in time, maybe around the 1950's, evening past times changed from spending time together or spending time quietly... to sitting and watching a screen. Spend some time reflecting on how best to enjoy your evening time.

- What brings you easeful joy in the evenings?
- Do you want most evenings to be quiet and reflective or playful and connective?

What I usually do after dinner:

Ideas for evening rituals

- ➊ Take a walk
- ➋ Take a bath
- ➌ Play a game
- ➍ Read a story or tell stories with another
- ➎ Spiritual reading or inquiry practice
- ➏ Meditate
- ➐ Legs up the wall
- ➑ Foot massage or foot soak ritual
- ➒ Star gaze
- ➓ Journal or draw
- ➔ Visualize the next day with your better habits.
- ➕ _____
- ➖ _____
- ➗ _____

What my body wants to do after dinner:

What my soul wants to do after dinner: