

A photograph of a dirt path winding through a lush green forest. Sunlight filters through the trees, creating dappled shadows on the path. The text 'LOOKING FORWARD' is overlaid in a large, white, hand-drawn font. On the left side of the image, there is a vertical decorative border consisting of a series of white squares and diamonds on a dark background.

LOOKING FORWARD

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MATERIALS:

- Paper and pen

INSTRUCTIONS:

1. A strategy to build motivation is to envision two possible futures. Ask participants to write a few sentences about two futures. The first future happens if they continue on the same path, without any changes. The second future happens if they decide to make a change.

DISCUSSION:

Prompt participants to consider what their future may look like if they decide that now is not the time to change. If you met with them in five years—what would their life be like? What concerns them the most?

On the other hand, if they were to change, what would life be like for them in the future? How would they feel and how would things be different?

Source: Hardcastle, S. J., et al. (2015). Motivating the unmotivated: how can health behavior be changed in those unwilling to change? *Frontiers in Psychology*, 6, 835. <http://doi.org/10.3389/fpsyg.2015.00835>