






## Actions to boost motivation, happiness and satisfaction

The actions below are associated with improved motivation, happiness and feelings of satisfaction<sup>#</sup>

	Score <sup>*</sup>
1. Planning regular participation in pleasurable activities	
2. Planning regular participation in activities that boost your confidence	
3. Planning regular participation in activities that help you relax	
4. Planning regular participation in activities with other people	
5. Using problem solving techniques for problems <u>you're</u> having in life such as problems with your job or relationships	
6. Noticing negative thoughts and replacing them with more positive thoughts	
<div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">   Daily 4 </div> <div style="text-align: center;">   Many days Each week 3 </div> <div style="text-align: center;">   Once a week 2 </div> <div style="text-align: center;">   Less than once a week 1 </div> <div style="text-align: center;">   Not used/ don't know 0 </div> </div>	
<b>Total:</b>	

<sup>\*</sup>A maximum of 4 per item (see smiley face scale below) or 24 in total

<sup>#</sup> Robinson, P; Von Korff, M; Bush, T; Lin, E.H.B.; Ludman, E.J. (2020). The impact of primary care behavioral health services on patient behaviors: A randomized controlled trial. *Families, Systems, & Health*, 38, 6-15.

Choose one or two of these you would like to do more, and give it a go for a fortnight:

1. \_\_\_\_\_

2. \_\_\_\_\_