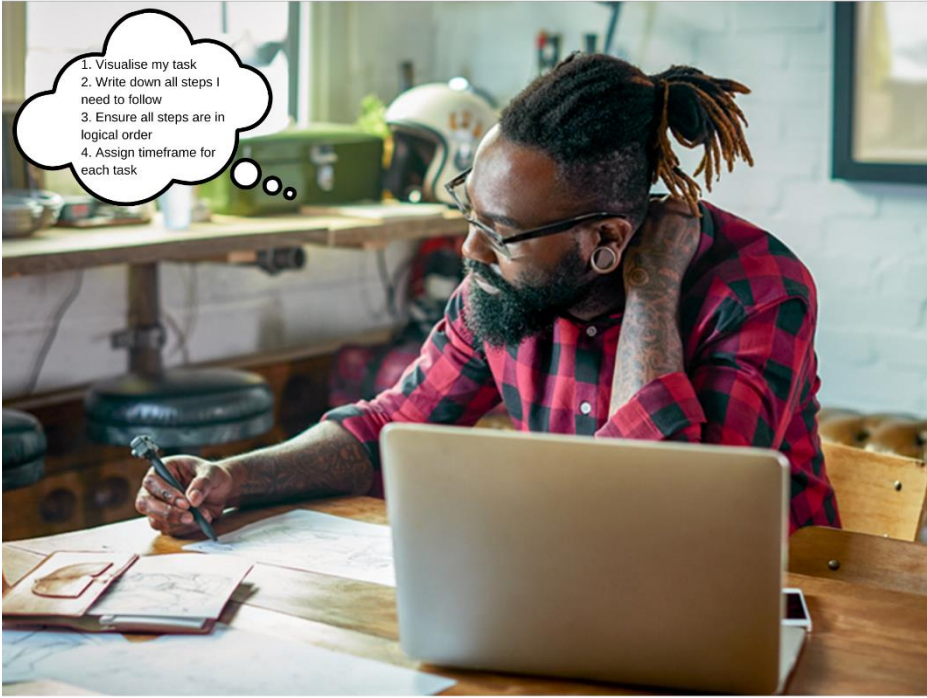


Annex 2 – Call to Action Activity

Theme: Motivating Myself

<p>Thematic Area</p>	<p>Motivating Myself</p>		
<p>Activity Title</p>	<p>Task Breakdown</p>		
<p>Type of resource</p>	<p>Self-Help Activity</p>		
<p>Photo</p>	 <p>This Photo by Unknown Author is licensed under CC BY-SA-NC</p>		
<p>Duration of Activity (in minutes)</p>	<p>30</p>	<p>Learning Outcome</p>	<ul style="list-style-type: none"> ● <i>Basic knowledge of how action can increase motivation</i> ● <i>Basic understanding of the importance of task breakdown in terms of managing feelings of being overwhelmed</i> ● <i>Recognise the time and effort needed to complete a task</i>

Aim of activity	<p><i>Motivating ourselves is often very difficult, especially when the task we need to complete seems daunting. A common mistake is waiting to feel motivated or “in the mood” to complete a task (our mood guides our actions). This tactic leads to procrastination and even more stress. Psychological research has shown that our actions can change our mood and feelings of motivation (our actions change our mood). When dealing with difficult and overwhelming tasks, we need to start small. In this self-help activity, we’ll see the benefits of task breakdown in easing our frustration and gradually improving our ability to motivate ourselves.</i></p>
Materials Required for Activity	<p><i>Worksheet Pen/pencil</i></p>
Step-by-step instructions	<p>Step 1: Take the task breakdown worksheet.</p> <p>Step 2: Select a task you need to complete in your daily life that you have been putting off (this could be writing a CV, searching for jobs, searching for educational opportunities and courses, or completing applications for jobs, etc.).</p> <p>Step 3: Visualise how you would go about completing the task and write down every step you need to take. (15 mins)</p> <p>Step 4: Once you have made the first draft, consider and estimate how much time you need for each step. If any steps would take longer than 15 mins to complete, consider whether you can break down those particular steps into even smaller steps. (10 mins)</p> <p>Step 5: Write down how you would like to reward yourself after you’ve completed all the steps. The reward should be proportionate to the effort required to complete the entire task and should be something you enjoy.</p> <p>Step 6: Affix your worksheet onto a prominent place in your home/room as a reminder of your task and reward, and start actioning these steps as soon as possible.</p>
Template	<p>See Motivating Myself template (Task Breakdown)</p>

