

MOTIVATION & ENCOURAGEMENT



Gentle Affirmation

Choose a short, neutral statement that feels steady rather than inspirational (for example: "I'm doing what I can right now.").



Acknowledge Effort

Briefly recognize something you have already attempted today, regardless of outcome. No evaluation or judgment is needed.



Reduce the Task Size

Identify one very small part of what you are facing and allow that to be "enough" for now. No follow-up action is required.



Pause with Supportive Presence

Sit or stand in a way that feels supported (near a wall, chair, or stable surface) and allow yourself a brief pause before continuing or stopping.