CIGNA Behavioral Health

Boosting Your Motivation

Achieving a goal or accomplishing a task is easier if you find ways to personally invest in the process. We all work harder when there are "rewards" for our efforts. The rewards may be external, such as something you give yourself for accomplishing the task; and they may also be internal, such as knowing that you're better off after you accomplish it.

Following the example below, list some tasks or goals you'd like to accomplish, some external rewards and some internal rewards:

TASKS OR GOALS	EXTERNAL REWARDS	INTERNAL REWARDS
clean the hall closet	*go out to dinner*	*I'll be able to find my sewing materials. There will be room for the sheets and towels. Fire hazard will be reduced.*

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