

# *Lacking motivation*

Get your mojo back!

Lack of motivation is caused by loss of interest in life activities and experiencing a feeling of hopelessness. It may present as procrastination, low energy levels, low mood, demotivation, hopelessness, anxiety or absence of follow through.

How I can support you

- ⚓ Explore the causes of the feelings and lack of enthusiasm
- ⚓ Define and set goals/objectives
- ⚓ Motivational interviewing
- ⚓ Strategies and tools to manage or combat lack of motivation
- ⚓ Reviewing your lifestyle

