Your Own Reasons

A Motivational Interviewing worksheet
Based on Motivational Interviewing (Miller & Rollnick, 2013)

Nobody changes because someone else told them to. Real **motivation** comes from inside, from your own values, your own reasons, and your own picture of what life could look like. This worksheet helps you find those reasons and sit with them.

Think about a change you're considering. Fill in each box honestly.

Reasons to stay where I am	**Reasons to make a change**
What I'd lose if I changed	**What I'd gain if I changed**

Circle or write down your top 3 values from this list (or add your own):

- Family
- Freedom
- Creativity
- Honesty
- Adventure
- Helping others
- Independence
- Learning
- Connection
- Health
- Integrity
- Fun
- Purpose
- Stability

Looking at your values and your decisional balance, what would the version of you who is living by those values actually do next?