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## The Secret to Motivation Overview & Content

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**Workshop Description:** The Secret to Motivation is a two-week experiential workshop offered by the University Counseling Center that focuses on teaching students about the barriers to their motivation and how to develop a plan to move towards bigger goals. It provides participants with psycho-educational information, skill-building, group discussion, and experiential exercises to learn skills for clarifying values and developing an achievable plan of action.

### **Module 1: Values-Based Motivation**

- Understanding the theory of motivation and the different types of barriers
- Working through ambivalence about change
- Clarifying values and connecting values to goals

### **Module 2: SMART Motivation**

- Creating SMART goals
- Identifying a blueprint for achieving goals
- Recognizing what is in our control