



Mentally Well Workplaces

**MWW**

# TIPS TO IMPROVE EMPLOYEE MOTIVATION

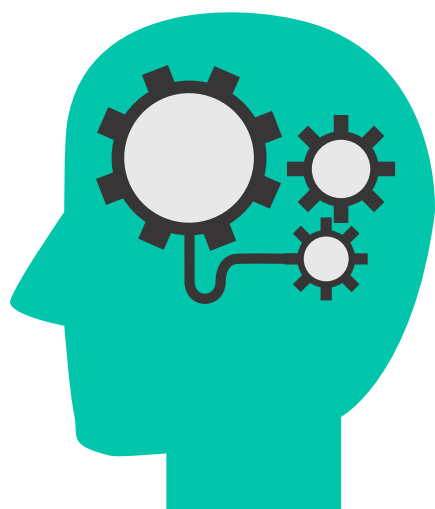


## SELF REFLECTION

Ask yourself what is behind your procrastination? Be honest about your ability or resentment towards tasks or goals and ask yourself if they align with your values?

## COGNITION

Pay attention to the things you tell yourself. Do you use self defeating talk and create doubt in your own mind? Try framing internal dialogue in a positive manner.



## SHORT TERM VS LONG TERM GOALS

Long term goals are much harder to achieve. Set realistic and manageable short term goals and celebrate the the wins.

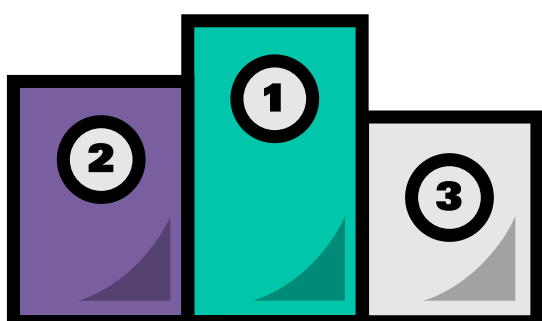
## CHECK EXPECTATIONS

Don't aim for perfection the first time. If the bar is set too high or you try to be everything 100% of the time, you are setting yourself up to fail. Create a realistic expectation for yourself.



## PAY ATTENTION TO REWARDS

Acknowledge intrinsic (internal) and extrinsic (external) motivational factors. Focus on the positives when you achieve goals and complete tasks and note how you feel when they are completed



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