

# Motivation

## Lesson Plan for Instructor

### Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils

### Handout(s):

Motivate!

### Suggested Format for Discussion:

- Write "Motivation!!" on the board or flip chart.
- Ask participants "Where does motivation come from?"
- Write their answers on the board.
- Ask participants "How do you get motivated (for weight control), and how do you stay motivated?"
- Write their answers on the board.
- Pass out the *MOVE!* handout entitled "Motivate!"
- Discuss the suggestions listed in the handout.
- Ask participants to identify one new motivation enhancement strategy they are willing to commit to doing to strengthen their motivation.

