



Staying motivated



Often the things that motivate you to start making changes are not the same things you need to keep up your new drinking habits.

It's also important to think about what motivates you to continue making any changes to the level of drinking you're sticking to now.

It's easier to maintain changes if you have at least one thing that motivates you.

Some examples of motivators:

- Being satisfied and happy with what you have achieved. For example, you're now drinking less, and feeling pleased with yourself about it.
- Enjoying finding other things to do with friends that aren't drinking-based.
- Drinking at healthier levels is more in line with who you are and what you believe in.

It may be useful to think about these motivators and how they are relevant to you. To do this, try completing the below statements.

The thing I am most satisfied about with my new drinking choices are...

The thing I most enjoy about my current levels of drinking is...

My identity, beliefs and values match my new behaviour of...

