Motivation When You are Unmotivated

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

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Let's begin by taking a moment to settle your body into a comfortable position (2 seconds).
You may close your eyes or keep them slightly open with a soft focus looking downward
a few feet in front of you (2 seconds).
Allow your spine to lift and for your shoulders to soften (5 seconds).
Today we will practice remembering motivation (2 seconds)
Taking a full breath in (2 seconds)
and a long slow breath out (2 seconds).
Allow the mind to rest on the breath (5 seconds).
Call to mind something where you might be feeling a lack of motivation (5 seconds).
Perhaps it's with a task at work or a project you've been putting off at home (2 seconds).
Maybe it's repairing a relationship issue with a friend or family member (5 seconds).
As you envision this issue, listen to these questions lightly and see what comes up (5 seconds)
there's no need to figure anything out,
if nothing comes to mind just continue to focus on the breath
and notice what thoughts arise
letting them pass through your mind as if carried by a gentle breeze (5 seconds).
Ask yourself, "when it comes to this issue what is my greatest aspiration?" (10 seconds)
What about this issue is most important to me? (15 seconds)
What might be getting in the way of me addressing this issue? (15 seconds)
How do I want to show up in relationship to this issue? (15 seconds)

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Notice how you feel when you consider these questions,
the specific sensations in your body (2 seconds)
and again there is nothing to figure out here just notice what comes up for you
as you ask these questions (15 seconds).
If this issue was in progress or completed,
what would that mean to me? (10 seconds)
If this issue was in progress or completed, what would that feel like? (10 seconds)
See if you can really feel that feeling, allowing yourself to fully absorb it (15 seconds).
As you experience these feelings of accomplishment
consider how you can access this place again the next time you face this issue (2 seconds).
How can you use these feelings as a source of focus? (10 seconds)
Can these feelings serve as a motivation for you to engage? (15 seconds)
and finally ask yourself, “what is my intention going forward?” (15 seconds)
Let's finish with a full deep breath in (2 seconds)
and a long slow breath out (5 seconds)
ding (20 seconds)

Integrated Practice:

Write for 2 full minutes for each journaling prompt below. Once you’ve finished, take a minute to reread what you wrote and reflect.

Journaling Prompts:

1. An intention I'd like to hold for myself is...

2. Things I can let go of are...