



# Steppingstone #47

## Motivational Levers for Helpful Habits

Instrumental  
Helpful Habit:

Strongly  
Disagree



Strongly  
Agree

I enjoy doing this

This is an important part of my identity

It is important to do this, to achieve my goal

I feel guilty if I do not do this

Other people support me to do this

I am good at this

This helps me to feel connected to others



How can you increase one or more of the scores above?



## Steppingstone #47

### Motivational Levers for Helpful Habits

Supporting  
Helpful Habit:

Strongly  
Disagree

0

1

2

3

4

5

6

7

8

9

10

Strongly  
Agree

I enjoy doing this

This is an important part of my identity

It is important to do this, to achieve my goal

I feel guilty if I do not do this

Other people support me to do this

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How can you increase one or more of the scores above?