

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

Motivation & Goal Setting Workbook

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

This workbook is designed to help you develop motivation, confidence and practical goal-setting skills to support your wellbeing. It is not intended to diagnose or treat any mental health condition.

If your mental health is significantly affecting your daily life, please speak with your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you accept responsibility for your own wellbeing and decisions.

© Safe Haven Connect CIC

 safehavenconnect.org

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 1 – Finding Your Motivation

Motivation isn't about feeling inspired every day.

It's about taking small steps, even when you don't feel like it.

Every small action moves you closer to your goals.

♥ Today I want to...

- ☐ Improve my wellbeing.
- ☐ Feel healthier.
- ☐ Build confidence.
- ☐ Learn something new.
- ☐ Create healthy habits.
- ☐ Feel happier.
- ☐ Reduce stress.
- ☐ Achieve a personal goal.
- ☐ Make positive changes.
- ☐ Believe in myself.

♥ Why is this important to me?

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 2 – My Goals

Setting clear goals helps turn dreams into achievable steps.

Remember, progress is more important than perfection.

My Short-Term Goals

1.

2.

3.

My Long-Term Goals

1.

2.

3.

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 3 – Taking the First Step

Big goals begin with one small action.

Ask yourself:

"What is one thing I can do today?"

 Today I will...

- ☐ Spend 10 minutes on my goal.
- ☐ Learn something new.
- ☐ Ask for help if I need it.
- ☐ Stay positive.
- ☐ Celebrate small wins.
- ☐ Keep going.
- ☐ Believe in myself.
- ☐ Focus on progress.

 My first action

 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 4 – What Motivates Me?

Understanding what motivates you can help you stay focused when life becomes challenging.

Everyone is motivated by different things.

♥ I am motivated by...

- ☐ My family.
- ☐ My health.
- ☐ My future.
- ☐ Financial security.
- ☐ Helping others.
- ☐ Learning new skills.
- ☐ Personal growth.
- ☐ Feeling happier.
- ☐ Building confidence.
- ☐ Achieving my dreams.

♥ My biggest motivation is...

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 5 – Breaking Goals Into Small Steps

Large goals can sometimes feel overwhelming.

Breaking them into smaller steps makes them easier to achieve.

 My Goal

Small Step 1

Small Step 2

Small Step 3

Small Step 4

Small Step 5

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 6 – Overcoming Obstacles

Challenges are a normal part of achieving any goal.

Planning ahead can help you keep moving forward.

♥ Possible obstacles

- ☐ Lack of time.
- ☐ Low motivation.
- ☐ Self-doubt.
- ☐ Fear of failure.
- ☐ Stress.
- ☐ Distractions.
- ☐ Lack of confidence.
- ☐ Other

♥ How could I overcome these?

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 7 – Celebrating Progress

Success isn't just reaching the finish line.

It's recognising every step you've taken along the way.

♥ Today I achieved...

I'm proud of myself because...

One thing I'll do tomorrow

♥ Remember

Every small step counts.

Every effort matters.

Every challenge you overcome helps you grow stronger.

Progress—not perfection—is what moves you forward. 🌱

🌐 safehavenconnect.org

🌱 Safe Haven Connect CIC · Supporting your mental health and wellbeing.

🌱 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 8 – Creating Positive Habits

Success often comes from small habits repeated consistently.

You don't have to change everything at once. Focus on one habit at a time.

🌱 This week I will...

- ☐ Wake up at the same time.
- ☐ Drink more water.
- ☐ Exercise or move my body.
- ☐ Read for 10 minutes.
- ☐ Practice gratitude.
- ☐ Limit screen time.
- ☐ Eat healthier.
- ☐ Get enough sleep.
- ☐ Spend time outdoors.
- ☐ Keep working towards my goals.

🌱 One habit I want to build

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 9 – Building Confidence

Confidence grows through action.

Every time you try something new, you prove to yourself that you are capable of learning and growing.

 Today I will...

- ☐ Believe in myself.
- ☐ Try something new.
- ☐ Speak kindly to myself.
- ☐ Celebrate my strengths.
- ☐ Accept mistakes as learning.
- ☐ Keep moving forward.
- ☐ Ask for help if needed.
- ☐ Focus on progress.

 One thing I'm proud of

♥ One strength I have

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 10 – Staying Focused

Distractions happen to everyone.

Having a clear plan can help you stay focused on what's most important.

♥ Today I will focus on...

☐ My health.

☐ My family.

☐ My goals.

☐ My work.

☐ My studies.

☐ My wellbeing.

☐ Positive habits.

☐ Self-care.

☐ Taking one step at a time.

♥ My most important task today

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 11 – Weekly Reflection

Take time to recognise your progress.

♥ This week I achieved...

♥ Something I learned about myself

♥ One challenge I overcame

♥ My goal for next week

♥ Remember

Success isn't measured by how quickly you reach your goals.

It's measured by your willingness to keep going, even when things feel difficult.

Every positive choice...

Every small achievement...

Every step forward...

Brings you closer to the life you want to create. ♥

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 12 – My Action Plan

Congratulations on completing this workbook.

Remember, motivation comes and goes—but the small actions you take each day can help you move towards your goals.

Use this page to create a simple action plan for the weeks ahead.

♥ My Top 3 Goals

Goal 1

Goal 2

Goal 3

 Three Actions I'll Take This Week

☐ _____

☐ _____

☐ _____

 People Who Can Support Me

 My Personal Reminder

When things feel difficult, I want to remember...

♥ Final Thoughts

Progress doesn't have to be perfect.

Some days will feel easier than others, and that's okay.

Every positive choice, every small step and every moment you keep going is something to be proud of.

Be patient with yourself, celebrate your progress and remember that meaningful change often happens one step at a time.

♥ You've Got This!

Thank you for using this workbook.

We hope it has helped you reflect, plan and take positive steps towards your goals and wellbeing.

Explore more free workbooks, tools and resources at:

 safehavenconnect.org

© Safe Haven Connect CIC
Supporting your mental health and wellbeing, one step at a time. ♥