



RESOURCES-Episode 8

Maintaining Motivation in the
Midst of Mayhem

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-How to Keep Yourself Motivated When You're Not Feeling It-

<https://tinybuddha.com/blog/how-to-keep-yourself-motivated-when-youre-not-feeling-it/>

-7 Steps for Making a Life Plan

This sounds like a huge undertaking, but the advice is practical for any change! <https://www.verywellmind.com/how-to-make-a-life-plan-first-steps-3144639>

-8 Reasons Why It's So Hard to Really Change Your Behavior

Difficulty with change is normal, here's some reasons why, along with ways to overcome those specific

barriers. <https://www.psychologytoday.com/us/blog/neuronarrative/201707/8-reasons-why-its-so-hard-really-change-your-behavior>