Enjoy the Process

Focus on enjoying the process of your work on the way to your ultimate goal. For kids, maybe the first step in cleaning a room is picking up the dirty clothes and shooting them into a basket!

Why?

Focus on a reason that lights you up and can help motivate you even if your will power is deflated. For kids this may be a reminder of ‘when – then’. When your room is clean, then you get to ride your bike.

Imagine Future You

Imagine how “Future You” will be so proud, relieved, accomplished, and stronger after you have reached your goal. This one may be hard for kids as their ability to imagine the future is still developing, so they will need your reminders and help!

Recognition

Appreciate, and reward yourself each time you make a step towards your goal. Rewards for your child can be non-monetary, like an activity with you, or having a popcorn movie night!

Talk to yourself like a friend

Talking positively about yourself in the third person gives you the mental distance to override procrastination and negative thoughts. Model positive self-talk out loud for your child.

Normalize struggle

Remember that behavior change is hard and you will have struggles. Remind yourself, and your child, that you can try again.

Make it Visual

Make a visual reminder to yourself (an object that will remind you out in plain sight, or a sticky note), and/or schedule it into your daily calendar (with reminders). Visual checklists, and visual schedules are incredibly useful for your child too!

Further Reading

https://kidsintransitiontoschool.org/building-your-own-habits-3-ways-to-strengthen-change-motivation/