



# Goals, Motivation, and Daily Routine

MEDITERRA'S WELL-BEING WEBINAR

# Identify Your Goals

What are your well-being oriented goals right now (for each day, or for the week)?

# Identify Your Values

List the highest values that come to mind regarding your physical and psychological well-being.

What do you believe is necessary for you to feel and perform at your best?

# Origin Of Your Goals

- ▶ How did you pick those goals?
- ▶ How well do you feel those goals fit you, as a person?
- ▶ How well do you feel each of your goals lines up with your values?

# Features of most successful goals...

Intrinsically motivated

Concordant with your values

Approach oriented

Harmonious with other goals

Flexible with changes

Action oriented

# Hierarchy of Motivation

How are you moved to pursue the goal?

Intrinsic regulation

I love to do this!

Integrated regulation

Doing this is who I am.

Identified regulation

This is important for me to do.

Introjected regulation

They say I should do this.

External regulation

I am forced, required to do this.

# Establish A Routine

- ▶ Goals help you form structure
- ▶ Structure helps with your well-being

## Exercise 1

What would be some features of a pleasant, engaging and meaningful day  
- a day well spent, under our current circumstances?

# Establish A Routine

## Exercise 2

Pick a friend or loved one to hold in mind.  
Now design a routine for this person that would include  
the most important features of a day well spent.



# References

- ▶ <https://positivepsychology.com/self-determination-theory/>
- ▶ <https://selfdeterminationtheory.org/theory/>
- ▶ Boniwell, I., Tunariu, A.D. (2018) Positive Psychology: Theory, Research and Application. (UK Higher Education Psychology Psychology) McGraw-Hill Education.
- ▶ Deci, E. L., & Ryan, R. M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11, 227-268.