



Motivational Interviewing Practice

Grab a Dice, roll it, and practice Option A or B with the statement you land on.

A: Strategic Affirmations

B: Strategic SELF Affirmations

1.)

Leadership

I want my teams to be successful. They might not be perfect but they try hard and I want to help them any way that I can.

2.)

Healthcare

I want to exercise more. It's really hard to do daily as my schedule is so hectic. But when I do exercise I feel so good. I know I can squeeze it in, but I just have to figure out where and how.

3.)

Healthcare

I struggle eating well. I've done diets in the past and have had some success. Im just not sure where to go from here. One thing I do know is things need to change.

4.)

School district

Its hard managing all these kiddos. Im working 10 hour days just to try and make sure they have what they need.

5.)

Vocational Rehab

I want to work, it feels good supporting my family, I just get stuck on what to do from here.

6.)

Youth Services

I struggle with depression sometimes, I go in and out of feeling so....down. I have good days though, I just want more of my days to be good days.

Pat yourself on the back for practicing today!



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