A PAUSE, A PRACTICE, A NEXT STEP

Low Motivation

Start smaller than your self-criticism expects.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Check the basics

Notice whether you need food, water, sleep, pain care, or a more realistic workload. Seek medical guidance for new or unexplained exhaustion.

01 / Notice and reflect

What may be affecting my energy or attention?

02 / Notice and reflect

What is the smallest visible first step?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Tell your clinician if low motivation persists, affects basic care, or comes with significant mood changes, fatigue, or loss of interest. Sudden major changes or inability to eat, drink, or care for yourself need prompt assessment.

Read more: NIMH · Depression

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.