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