

## Ask yourself what motivates you to make choices

You may already be motivated by an interest in sustainability, or you may simply want to start saving on your commute, on your energy consumption at home... Everything counts!



## Beware that your motivations and interests are multiple and diverse

They may change throughout your life, as we are talking about processes, not states. Responsibility is at the heart of many motivations. It is important to know what you can commit to in order to change your energy-related behaviours.



Aspects such as time, the perception of individual skills and capacities, or even having a support network (inner circle, community) are important, not only to undertake your actions, but also to make them last over time.



## Look at your resources and possibilities

Setting challenges and goals - taking into account your resources and possibilities, and possible barriers - is a first step towards greater autonomy and control in making decisions about your behaviour in relation to the energy system.



## And do not forget to start building your list of commitments for action