

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

Get it Done: Surprising Lessons from the Science of Motivation by Ayelet Fishbach (2022, published by Little, Brown Spark) - July 2025

DISCUSSION QUESTIONS

- 1) Have you tried any strategies when you find your motivation waning?
- 2) Are different strategies more helpful in certain circumstances?
- 3) Has understanding motivation changed how you interact in your relationships?
- 4) Has your behaviour changed allowing you to reach more of your goals?

READING TIP

To enhance your reading experience and remember more of what you read - try to make connections with the text. How does what your reading apply to your life?

SUMMER RECIPE



Mushroom Tacos

Avocado salsa and grilled portobello mushrooms fill these mushroom tacos with bold, fresh flavor. They're an easy and delicious plant-based dinner!

Learn how to make it here:

<https://www.loveandlemons.com/mushroom-tacos/>

WELL-BEING TIP

Proenvironmental behaviour has been found to be associated with well-being across many studies (Zawadzki et al., 2020). Specifically, being kind to the planet can give us a sense of meaning. To live a happier life, be mindful of your purchasing behaviours (i.e., using energy efficient appliances), your food choices (i.e., eating eco-friendly foods), and energy use (i.e., trying to save energy; e.g., turning off the lights).

ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today. <https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Zawadzki, S. J., Steg, L., & Bouman, T. (2020). Meta-analytic evidence for a robust and positive association between individuals' pro-environmental behaviors and their subjective wellbeing. *Environmental Research Letters*, 15(12), 123007. <https://doi.org/10.1088/1748-9326/abc4ae>

Weziak-Bialowolska, D., Bialowolski, P., & Sacco, P. L. (2023). Mind-stimulating leisure activities: Prospective associations with health, wellbeing, and longevity. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1117822>

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A great deal of ink has been spilled on the subject of motivating and influencing others, but what happens when the person you most want to influence is you?

Setting and achieving goals for yourself – at work, at home, and in relationships – is harder than it seems. How do you know where to start? How do you carry on in the face of roadblocks and distractions? How do you decide which tasks and ambitions to prioritize when you’re faced with more responsibilities, needs, and desires than you can keep track of?

In *Get It Done*, psychologist and behavioral scientist Ayelet Fishbach presents a new theoretical framework for self-motivated action, explaining how to identify the right goals, attack the “middle problem,” battle temptations, use the help of others around you, and so much more.

With fascinating research from the field of motivation science and compelling stories of people who learned to motivate themselves, *Get It Done* illuminates invaluable strategies for pulling yourself in whatever direction you want to go – so you can achieve your goals while staying healthy, clearheaded, and happy.



[Ayelet Fishbach](#)

