

Motivation and Resilience

AultCare Wellness

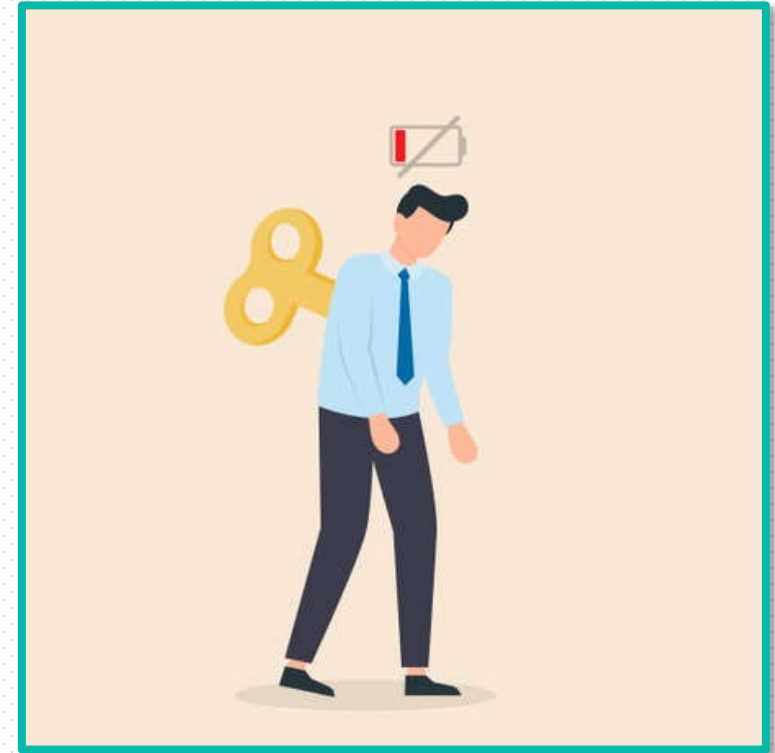
Motivation

- Whether you can't get motivated to clean your house or you are just not feeling motivated to lose weight, a lack of motivation can be the biggest obstacle to reaching your goals.
- When you lack motivation to complete a task, consider the possible reasons why you're struggling. Then, develop a plan to help motivate yourself to get going.



Lack of Motivation

- Avoiding discomfort
- Dwelling on past failures
- Feeling overwhelmed
- Lack of commitment to a goal



Finding Motivation

- Act as if you feel motivated.
 - Ask questions like, “What would I be doing right now if I felt motivated?”
 - Consider what you’d be wearing, how you’d be thinking, what actions you would take.
- Argue the opposite.
 - Instead of saying, “It’ll be too hard” or “I’ll never get it done”, argue all of the reasons why you might succeed.



Finding Motivation *continued*

- Identify your goals.
 - Focus on changing one thing at a time.
 - Break down your goals into small, manageable steps that are defined and measured. Make your goal **SMART**.



SMART Goals

Specific

What exactly do I want to do?

Measurable

How much/many do I want to do?

Attainable

How likely am I to accomplish this goal?

Relevant

Does this goal really matter to me?

Time-bound

What is the time frame for me to accomplish this goal?

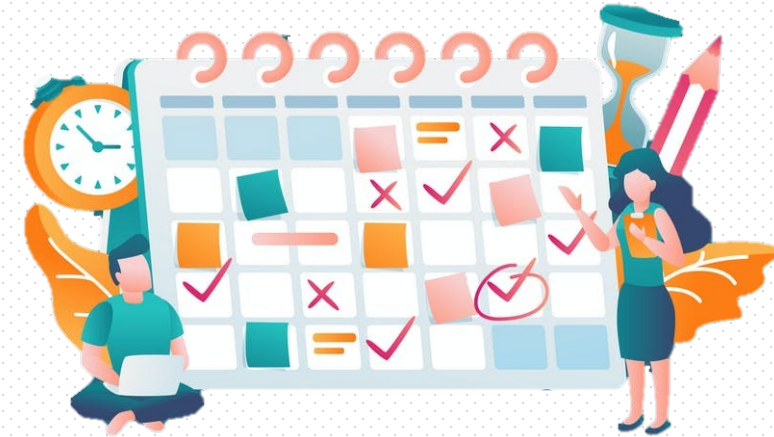
SMART Goals Examples

- To add more physical activity to my daily routine, *I will* take the stairs instead of the elevator at work every day starting tomorrow.
- To meet my goal of better nutrition, *I will* eat raw vegetables at lunch and cooked vegetables at dinner at least 4 days a week starting tonight.
- Beginning next week, *I will* jog on the treadmill for twenty minutes at least three mornings each week before 7:00 AM.



Finding Motivation

- Pick a trigger or anchor for your habit.
 - Where can your goal fit into your routine? Try anchoring it to something you already do.
- Set a schedule.
 - Schedule the activity as you would schedule an important meeting at work.
 - Consider the 10-minute rule.
 - Quit a task after 10 minutes and ask yourself if you want to keep going or quit.



Finding Motivation *continued*

- Find the pleasure in it.
 - Start by doing something you enjoy.
 - Pair the activity with something you already enjoy.
 - For example, watch your favorite TV show only while you are walking on the treadmill or listen to your favorite podcast only when you're preparing a home-cooked meal.
 - Recruit a friend to help keep you accountable.



Resilience

- Being resilient means that when we fail, we bounce back, we have the strength to learn the lessons we need to learn, and can move on.
- Resilience gives us the power to overcome setbacks that we may face while working towards our goals.



Overcoming Setbacks

- Remind yourself why you want to accomplish your goal. Recall your reasons for making changes when slip-ups occur.
- Visualize how accomplishing your goal might heal your body and enhance your life.



Overcoming Setbacks *continued*

- Problem-solve to “outsmart” setbacks.
 - Plan ahead. For example, plan to walk indoors on days when bad weather keeps you from walking outside.
 - Think of ways to eat healthy when traveling or dining out, like packing healthy snacks while on the road or sharing an entrée with a friend in a restaurant.



Staying Motivated

- Review your goals.
 - Is the goal realistic in the timeframe you have set? Are you bored? Is the goal too difficult?
- Use affirmations.
 - Simple, but powerful statements that can counteract negative self-talk.
 - **"I am** focused, persistent, and will never quit."
 - **"I am** in charge of my life."



Staying Motivated *continued*

- Find inspiration by taking motivation from others – feel inspired by reading a book, talking to your mentor or friends and family who have reached similar goals to the one you have set.
- Reward yourself.
 - Choose rewards carefully. Allow for a healthy reward such a massage or new workout gear.



Staying Motivated *continued*

- You'll struggle with motivation as long as you are not caring for yourself. Create a healthy self-care plan that allows you to take care of your mind and body:
 - Exercise regularly.
 - Get plenty of sleep.
 - Drink water and eat a healthy diet.
 - Make time for leisure and fun.
 - Use healthy coping skills to deal with stress.
 - Avoid unhealthy habits, like binge eating and drinking too much alcohol.



Conclusion

- Everyone struggles with motivation issues at one time or another, but how we respond to lack of motivation is what matters. Experiment with strategies that increase your motivation to help you accomplish your goals.
- Be kind to yourself. Minor missteps on the road to your goals are normal and okay. Resolve to recover and get back on track!

References

American Heart Association

American Psychological Association

MD Anderson Cancer Center

National Institutes of Health

Verywell Mind