

Walk  
NEBRASKA

## Motivation – Get Some!

“People often tell me that motivation doesn’t last, and I tell them that bathing doesn’t either. That’s why I recommend it daily.” – Zig Ziglar



If you do an Internet search for motivation, you’ll find words like “inducement,” “desire to do” and “interest or drive.” But what exactly is it that “induces” us to take up and maintain healthy behaviors? What gives us “the desire to do” when sometimes we really don’t?

Dozens of motivation theories exist, but there is one common theme: goals. Something to aim for and the feeling of achievement give you direction, drive, and a sense of achievement. What about internal or external motivation – which is best? Simple – the one that works best for *you*. Everyone is driven by something different – incentives, appearance, health, peace of mind, the feeling of achievement – the key is finding your own personal motivation and then getting started. So what motivates you?

- **Build a Case for Change.** Think about your reasons for wanting to change. Write them down and post them where you can see them daily. Understand that they may change over time.
- **Envision Your Success.** Where would you like to be in a week, a month, a year? Picture yourself there and think about how you will look and feel and act once you have made changes. Create your own **SMART** goals that are **s**pecific, **m**easurable, **a**ttainable, **r**elevant, and **t**ime-oriented. In other words, what and how much will you do by when?
- **Start a Fan Club.** Ask trusted family members and friends for encouragement and accountability.

Once you have a plan together, it’s time to get started. This is where a lot of people stall – they have a solid, doable plan but can’t seem to get going. Here’s the trick: *start small*. Which sounds better – walking on the treadmill for 30 minutes, 6 days a week, for the rest of your life or getting on the treadmill today for 5 minutes, or even 2 minutes? However small the amount, the point is not physical – it’s mental. It’s getting over the hump between your goals and your actions and just *getting started*. Imagine looking up at a steep staircase and wondering how you are ever going to reach the top. What if you look at the stair right in front of you and think about just taking the first step up. Which is more likely to get you motivated to start? Start small and focus on today.

How about the trick to *staying* motivated? Change it up! Do something different that’s challenging and fun. Try a new workout or activity, learn to cook a new healthy food or get a new cookbook, make fresh goals for yourself. There are plenty of resources out there to help you get or keep your “desire to do.” So with your motivation in mind, look at that first stair and, in the old Nike adage, *just do it*. Happy (and healthy) New Year!

Sources:

[http://changingminds.org/explanations/theories/a\\_motivation.htm](http://changingminds.org/explanations/theories/a_motivation.htm)

Know how. Know **now**.



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