

Motivation

A Key to Success



How many times have you thought about changing a behavior or starting a new one? Is that as far as you got with your change process – a thought? You're not alone. It is very common for people to want to change a behavior such as sleeping more, eating better, drinking more water or exercising more. Yet, something gets in the way and these positive behaviors do not end up becoming habits.

Getting started toward achieving a goal is often difficult. You understand the importance of this goal, but you're not sure how to accomplish it. You need a motivation plan. A motivation plan helps manage your self-talk which can get in the way of your success. Having a plan to guide how you talk to yourself is a vital key to your goal becoming a reality.

Designing a motivation plan takes time and processing, as you need to understand how to take small steps in order to achieve the bigger goal. It is also important to know which barriers can get in the way of achieving your goal. You may not be aware of how you talk yourself out of what you actually want to do.

You have the desire. You have the information. But these are not enough when "life happens" and it becomes easier to give up than to work towards your goal. A moment of failure can put you on a spiral back to your old comfortable habits and your energy and ambition is lost. How do you get back on the road towards achieving your goal? Develop positive self-talk. Positive self-talk can increase your energy and motivation, while negative self-talk is critical and anxiety

producing. You can use positive self-talk to break old habits and create new automatic responses.

It is important to develop this script before taking your first step towards achieving your goal. If you wait to develop this at the time "life happens," chances are you won't have the objectivity to do so.

You can achieve success and change your behavior. It takes desire, information and motivation. The first two are easier to obtain than third. Motivation involves a learning process which magnifies your chance of success.

Mutch Women's Center for Health Enrichment has tips and tools available and can help you develop a personal motivation plan. For more information call (605) 328-7155.

YOU CHOOSE. Healthy aging is 30% genetics and 70% daily lifestyle choices.