



# FINDING YOUR MOTIVATION



# WHAT PREVENTS YOU FROM ACHIEVING YOUR WELLNESS GOALS?

• Time

• Energy

• Money

• Knowledge

• Interest

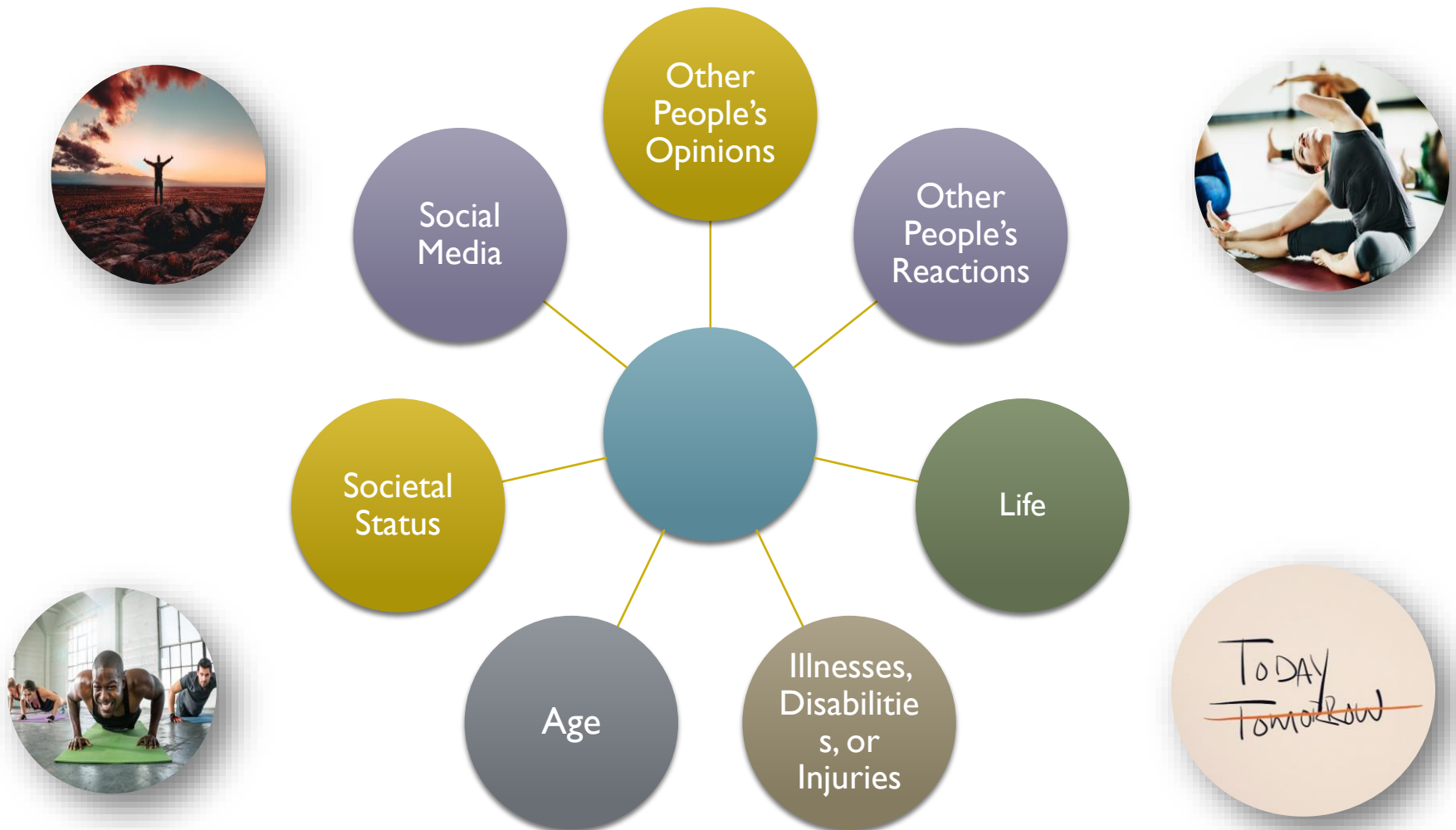
• Fear

• Discouragement

• Bad Habits



# FACTORS THAT INFLUENCE MOTIVATION



# WHAT IS YOUR COMPELLING REASON?

- Get your energy back?
- Feel better about the way you look?
- Reduce pain?
- Fight aging?
- Be there for your spouse, children, grandchildren?
- Be there for yourself to enjoy life?



WHAT IS THE EASIEST FIRST STEP?



# SMART GOALS

S

M

A

R

T



Specific



Measurable



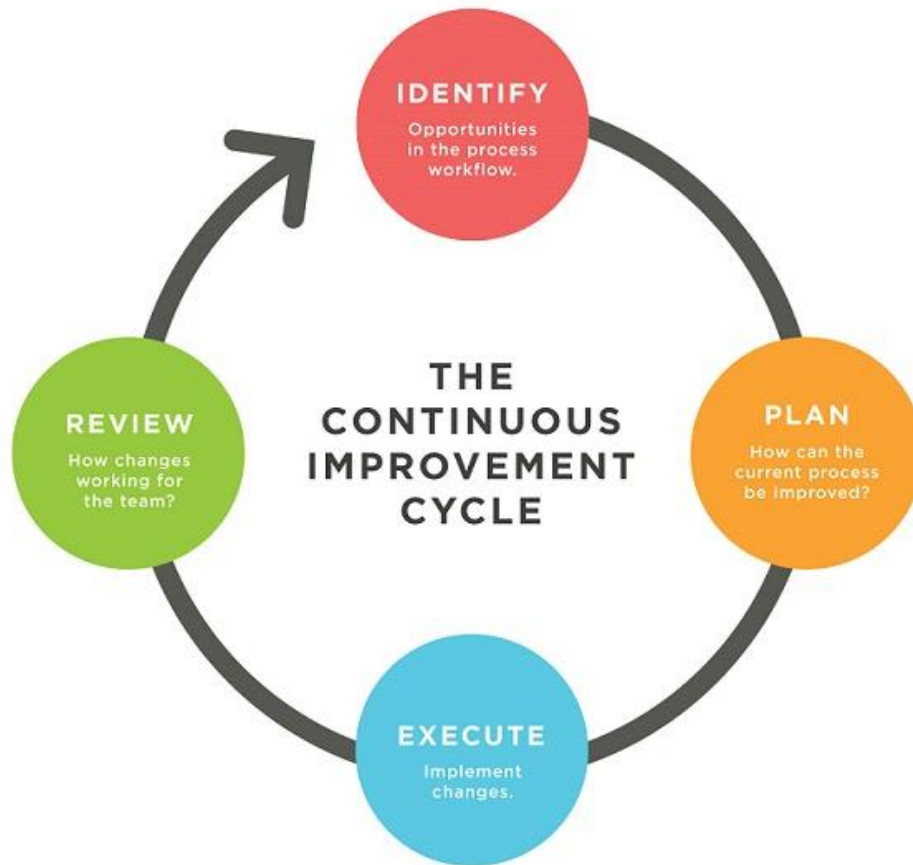
Attainable



Relevant



Time Based



# KAIZEN METHOD

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Standardize

Measure

Compare

Innovate

Standardize

Repeat



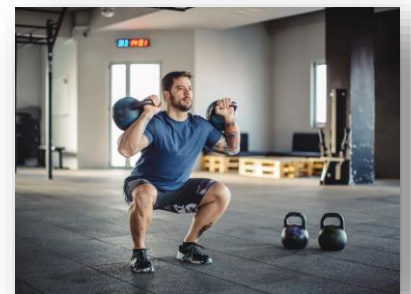
# SET TANGIBLE FITNESS GOALS

- **At the Office:**
  - 15 minute lunch + 15 minute walk
  - Park farther away
  - Take the stairs instead of the elevator
- **At Home:**
  - Sign up for a gym membership or fitness class
  - Go for evening walks with family or friends



# MAKE IT PERSONAL

It's about finding what you really enjoy and what gets you going. It won't feel like a chore if you enjoy doing it!



# MAKE A COMMITMENT CONTRACT

A commitment contract is a binding agreement you make with *yourself* to ensure you follow through with your intentions

- Utilizes psychological power of loss aversion and accountability to drive behavior change

Outline your goals on a piece of paper – sign your name

- You can even include a friend or family member for added reinforcement



# CARROT VS STICK



# LINE UP REINFORCEMENTS

- **Accountability:** Having a supportive friend, family member or significant other makes you more likely to stick with your fitness regimen.
- **Social Boost:** Start a new workout plan with a partner
  - When you share a triumph with someone else and they respond enthusiastically, your perceived value of that event increases and you may become more invested.



## “TIME TO PAY UP”: PENALTIES

- Set a penalty for not achieving goals in time
  - Money is something a lot of us do not want to lose and we will work hard to keep it. **www.stickK.com**
  - Non-monetary penalties can include performing activities you are not so fond of, like “buying” a chore that belongs to someone else - cleaning out the garage or pulling the weeds out of the front yard.



# 15 FACTORS THAT LEAD TO PEAK PERFORMANCE

1



Contact  
with  
Nature

2



Develop-  
ment of  
Creativity  
& Humor

3



Optimistic  
State of  
Mind

4



Balanced  
Nutrition

5



Work  
Satisfaction  
(Paid or  
Unpaid)

# 15 FACTORS THAT LEAD TO PEAK PERFORMANCE

6



**Achieving  
Goals**

7



**Economic  
Essentials**

8



**Intellectual  
Stimulation**

9



**Coping  
with  
Stress**

10



**Rest and  
Sleep**



# 15 FACTORS THAT LEAD TO PEAK PERFORMANCE

11



**Spiritual  
Awareness**

12



**Time and  
Space Alone**

13



**Positive  
Self-Image**

14



**Physical  
Prowess**

15



**Fulfilling  
Relationships**



# QUESTIONS?

