

# Inspiration, Motivation, and Perspiration:

How to Achieve Health Goals and Keep on Track

Ryan Mason  
UK Health and Wellness

# Objectives

- \* What is inspiration?
- \* What is motivation?
- \* What are the differences?
- \* How to get inspired and stay motivated?
- \* Stages of change.
- \* How to make a change?
- \* How to make a visual motivator?

# What is Inspiration?

## Book Definition-

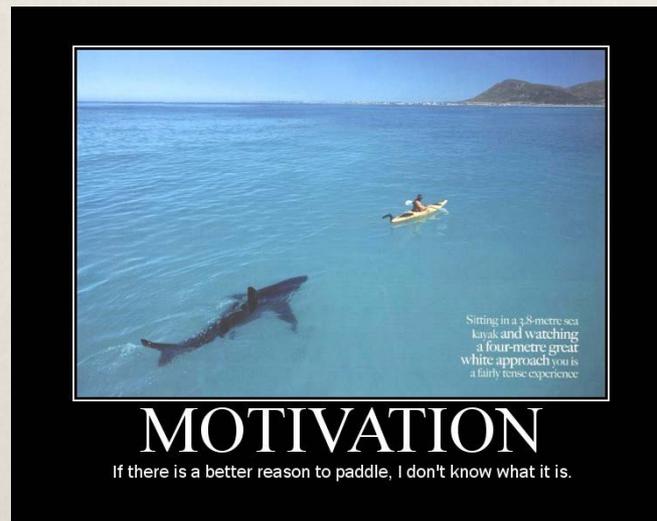
- \* something that makes someone want to do something or that gives someone an idea about what to do or create : a force or influence that inspires someone
- \* a person, place, experience, etc., that makes someone want to do or create something



# What is Motivation?

## Book Definition-

- ★ the act or process of giving someone a reason for doing something : the act or process of motivating someone
- ★ the condition of being eager to act or work : the condition of being motivated
- ★ a force or influence that causes someone to do something



# What are the Differences in Inspiration and Motivation?

## Inspiration

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- \* Internal
- \* Long term
- \* Why do you want to accomplish your goals?
- \* Passionate

## Motivation

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- \* External
- \* Short term
- \* Can give you an extra boost to stay on top of your productivity.
- \* Encouraging

# How to Get Inspired and Stay Motivated?

1. Have a positive attitude

★ *Winning isn't everything, but wanting to win is.* Vince Lombardi

2. Find the inspiration

★ *The two most important days in your life are the day you are born and the day you find out why.* Mark Twain

3. Know your motivations

★ *A dream without a goal, is simply a wish.* Antoine de Saint-Exupery

4. Be motivated

★ *People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily.* Zig Ziglar

# How to Get Inspired and Stay Motivated?

5. Be humble

\* *Grass withstands storms where trees get uprooted.* Unknown author.

6. Believe in YOU

\* *If you want to lift yourself up, lift up someone else.* –Booker T. Washington

7. Take a proactive stance

\* *If the wind will not serve, take to the oars.* –Latin Proverb



# Inspiration or Motivation?

- \* <http://www.youtube.com/watch?v=6kXbpTHsYms>

# Applying These Ideas!

- \* Why do you want to improve?
- \* Focus small
- \* Set realistic goals
- \* Know what will motivate you
- \* Don't be afraid to ask for help
- \* Get excited!

## Inspiration for Health & Wellness

What are your main reasons for improving your health? Use this form to list them. You might ask, "Why should I make a list?" If you have concrete reasons in your own words why you want to improve your health, you will be more likely to have a personal connection to your goal. For example, if you just have an idea that you need to exercise because doctors say it is good for you, it will be much harder to shape exercise into a habit than if you know you need to exercise because you wish to have the ability to do more physically active activities with your significant other.

Do you want to loose weight? Have more energy? Improve your body image? Decrease stress levels? Reduce you risk of cardiovascular and metabolic diseases?

There are countless reason why you should improve your health and wellness. The key is finding what is important to you! Only after you know what is important to you will you know what inspires you and how to motivate yourself to make changes to becoming the *NEW* you.

Top FIVE reason for improving health and wellness.

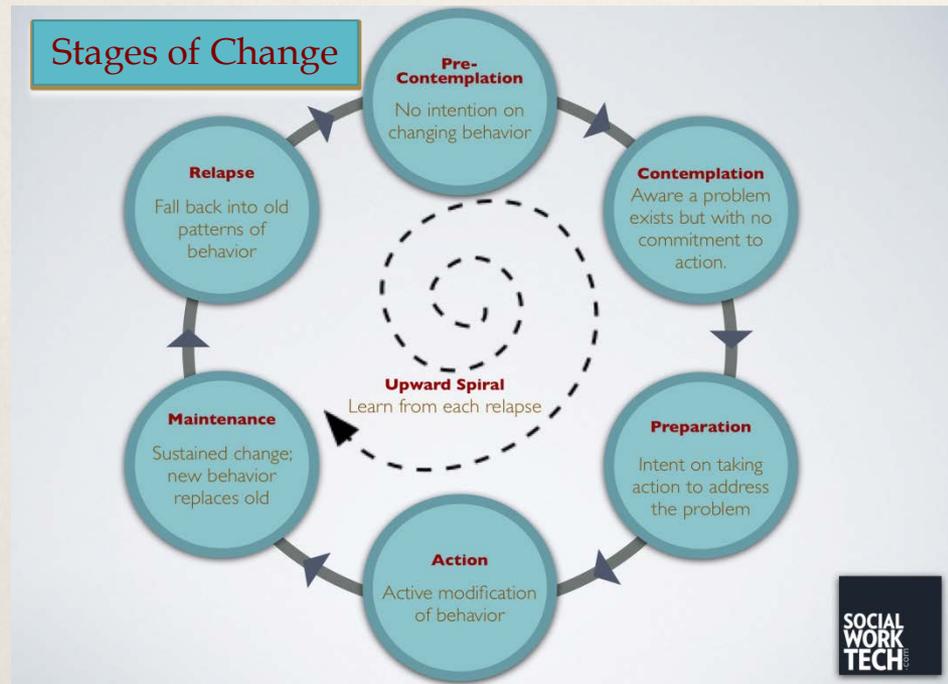
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Now circle the reason that is most important to you!



# Stages of Change

- \* Precontemplation
- \* Contemplation
- \* Preparation
- \* Action
- \* Maintenance
- \* Relapse



# Precontemplation

- \* The costs of the problem behavior (such as overeating) are not yet recognized. The individual is in denial and is not seriously considering changing their behavior. They may have made previous attempts to change, but have since given up.



# Contemplation

- \* During contemplation there is ambivalence about change. The individual recognizes reasons to change their behavior, but still has hesitations. The problem behavior continues.



# Preparation

- \* The individual has decided to make a change and begins to consider how to do so. Minor adjustments in behavior may be made during this stage.



# Action

- \* Action is taken to end the previous problem behavior. The individual may be avoiding previous triggers, reaching out for help, or taking other steps to avoid temptation.



## Time for a Change

What is your most important goal related to health/ fitness/ wellness?

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Why do you want to achieve that goal?

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What do you think you will feel like when you reach this goal?

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What major obstacles are in your way?

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List three to five specific short-term goals that will help you to achieve your long-term goal. (ie, exercising for 30 minutes/day or cutting out bedtime snacks).

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List five ways that you could keep yourself motivated on especially hard days.

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How will you reward yourself when you reach your short-term goals? What about when you have achieved your long-term goal?

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Who will you call for support when you are having a tough time sticking to your plan?

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# Maintenance

- \* The changes made during the action stage are maintained. The individual may continue to face challenges maintaining the change.



# Relapse

- \* After making changes, many individuals will eventually return to their previous problem behaviors. It can take several passes through the stages to permanently end a behavior.



## Creating a Visual Motivator

**Step One:** Choose a reason(s) from the "Make Things Happen" worksheet.

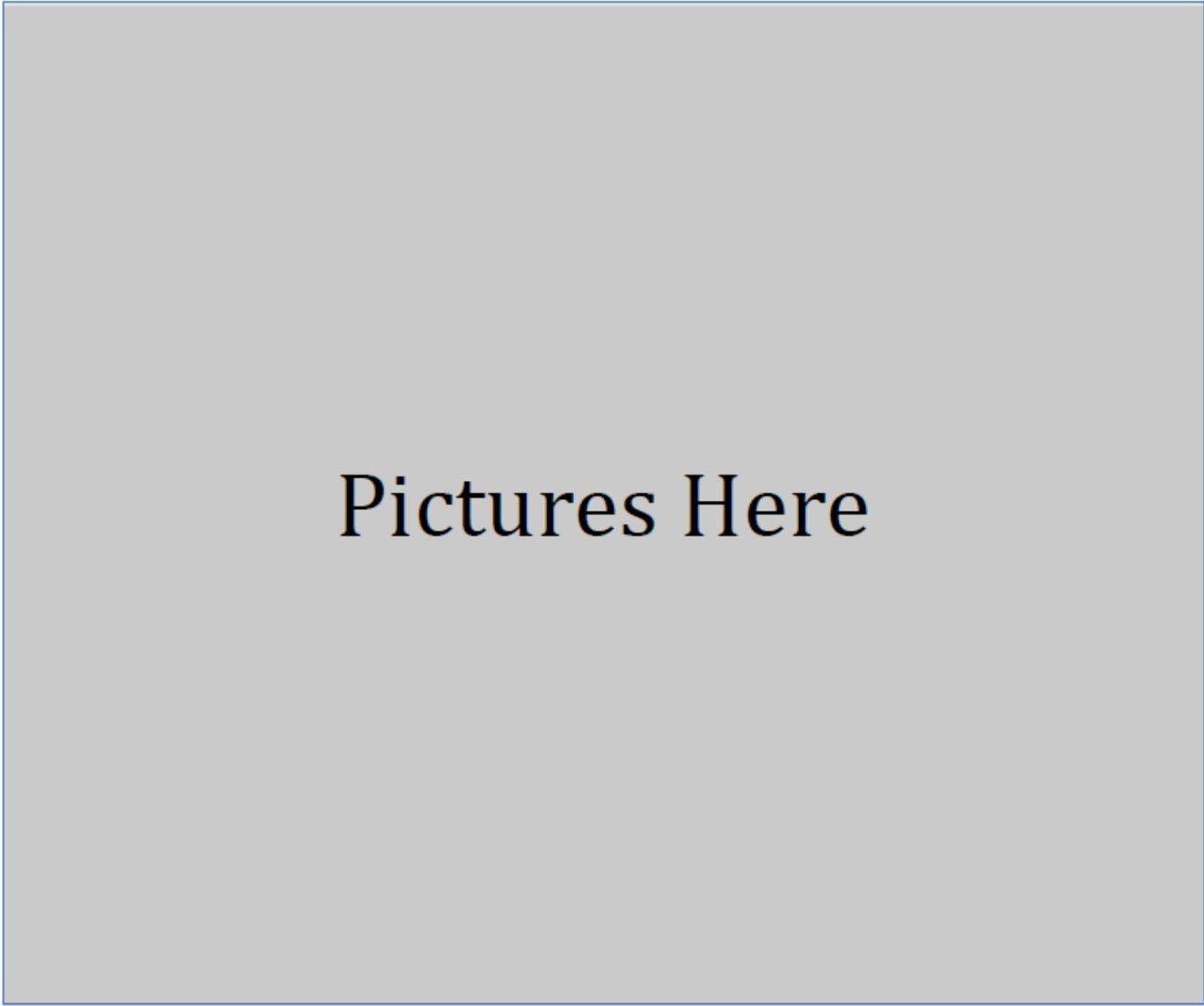
- Locate a picture or pictures that will help capture the essence and meaning of the motivating message to you.
- Good sources for finding pictures are family albums, yearbooks, magazines, newspapers, and the internet.

**Step Two:** Write a caption for the picture(s)

- Think about the emotion behind the picture. How does it make you feel?
- Use your own words, or an inspirational quote.

**Step Three:** Use the template provided to assemble your visual motivator.

- Use one picture or make a collage of pictures.
- You can use the template or make your own on heavier more decorative paper.
- Remember to place your visual motivator where you will see it every day! (example: fridge, bathroom mirror, and your night stand)



Pictures Here

Captions Here



True gold does not fear the refiner's **fire!**

# Inspiring and Motivating Quotes

- \* *Opportunity is missed by most people because it's dressed in overalls and looks like work.* Thomas Edison
- \* *You miss 100% of the shots you don't take.* Wayne Gretzky
- \* *The best time to plant a tree was 20 years ago. The second best time is now.* Chinese Proverb

# Additional Helpful Tips

- \* Avoid all or nothing thinking
  - \* You see things in only two categories and ignore the fact that there is a middle ground.
- \* Talk to yourself like you would a friend.
  - \* Sometimes we can be too hard on ourselves.
- \* Stay away from negative words.
  - \* Focus on the positive.
- \* Get right back on track if you mess up!
  - \* Don't wait until Monday!

# References

- \* [Sparkpeople.com](http://Sparkpeople.com)
- \* Change motivation worksheet G 0978
- \* Exercise and Fitness goals! A.D.A.M., INC.
- \* The Lyons' Share Wellness; Defining Your Motivation and Taking Action

# Resources

- \* [www.uky.edu/HR/Wellness](http://www.uky.edu/HR/Wellness)
  - [/healthsmart](#)
  - [/bodyshop](#)
  - [/lunchandlearn](#)
  - [/weightlossmatters](#)



# Questions?



**today isn't  
just  
another  
day. today  
i'll create  
something  
beautiful.**