

Unlocking Your Motivation

By Lisa Schilling RN

I believe in a “Get REAL” philosophy. “Experts” only give the restrictive, highest standards for you to follow. But in the ‘REAL world’, most people are not able to maintain such **rigid rules**. The Internet, bookstore and TV are full of information about what to do and how to do it. That is another problem – **information overload!** Who has time to sort through that pile of information? It can be so overwhelming and confusing that some people give up before they even start. After a while people stop listening to the advice available. It becomes like the teacher on Peanuts, wah, wah, wah. They tune it out because they are simply not **motivated** enough to deal with it. I have come to understand that the phrase “I don’t have time.” really means “I just don’t want to that bad.” Because the truth is, we will figure out a way to do the things we really want to do. .

The roadblock to helping people achieve better health is unlocking their **motivation**. We need to spend less time talking about *what to do* and more time helping people figure out a tangible reason to *want to do it*. Most people know that to lose weight and be healthier they need to eat better and exercise more. The problem is that they have not unlocked a way to do this while living their normal, REAL life. People are unique; each holds a unique sequence or code that unlocks their personal motivation to succeed. The goal then becomes to find out that “code” and then put it in the right “sequence” to unlock each person’s unique motivators.

So in true “Get REAL” fashion, let’s be honest. Whatever your current level of health and wellness is, it is a direct result of your personal habits practiced over time. If your situation is less than desirable, then you need to accept accountability for it. I am not talking about people with chronic disease or illness that was not preventable. I am talking to those

of us, like myself, who often choose the path of least resistance when it comes to lifestyle choices. Whatever habit we keep, there is a payoff for keeping it or we simply wouldn’t continue it. The only way to change this pattern is to find a **new payoff** for the behavior we want to cultivate. Is this starting to click now? I can almost hear the tumblers turning as you start to unlock your thinking. If you experience the same ‘*comfort glaze*’ I get when I get home and sit down, get a reality check! The chances of you jumping up and starting that exercise routine or enjoying a different way of eating is slim if you are not *altering* your routine. Not only altering your routine, but also having a meaningful *purpose* to do so. The ‘comfort glaze’ will call to you and lull you into the “I will start tomorrow” thinking.

We have seen people be motivated to win a prize, to avoid embarrassment by having results made public or due to the accountability of reporting to someone. Just knowing you “need to do it” does not motivate most people *enough* to make changes. Your challenge for this week is to **find** an external motivator to make achieving your goal really worthwhile and then to **alter** your routine especially to accommodate the achievement of it. If you make the payoff big enough, you will put in the extra effort to get it done.

- 1) Set a goal
- 2) Create a payoff
- 3) Set up accountability
- 4) Alter your routine to fit in the changes
- 5) Finally-Stick to it!

Focus on what achieving your goal will do for you, not on what you ‘should’ be doing. You hold the key to unlock your success, now is the time to choose if you will turn it!