

Motivation

Motivation means having the desire, energy, willingness, and ability to be involved in the daily activities of life. At times, your illness may lower your motivation to take part in life to the fullest. When you are not motivated, you are more likely to be inactive and your health will suffer. Your health will improve if you are motivated and active.

Here are some things you can do to increase your motivation:

- Write down all the good things that come from staying healthy, and write down all the bad things that come from being unhealthy.
- Try to remember that feelings often follow behaviours. Do the things you know are good for you, even if you don't feel like it. Motivation to keep doing certain behaviours often happens after you have done them for a while. Be patient with yourself.
- Start slow. Set small short-term goals, and focus on giving yourself credit for what you do. Don't beat yourself up about what you didn't do.
- Use positive self-talk to increase motivation. Negative self-talk will only keep you stuck. If possible, ask someone to point out whenever you use self-defeating statements. You may be surprised how often it happens without you noticing.
- Do something you used to enjoy, even if it's difficult. Don't wait until you feel like doing it. Remember, feelings follow behaviours.
- Be aware of the people around you. Are you surrounding yourself with positive, motivated people? It's healthy to ask for what you need from those around you.
- Actively look for sources of inspiration. Your local public library has many books and videos on motivation.

*Prepared by: Mental Health and Addictions Program
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