# MOTIVATION PART 1: MOVING FROM PROCRASTINATION TO MOTIVATION



# Introduction

Think of a time when you achieved a major goal you set out to accomplish. Perhaps starting a business, earning a degree, or planning a wedding?

Remember how it felt to reach your goal? Now remember the time and effort it took. It didn't happen overnight. So, how exactly did you do it?

A journey of a thousand miles begins with a single step.

Tao Te Ching

Sometimes when we look at a goal that seems BIG or OVERWHELMING, it seems so far away or unattainable that our motivation tends to deflate like a balloon with a hole in it.

How do we move from procrastination to motivation? We need to take the first step!

What are the steps toward your desired weight and the lifestyle changes that will keep you at your desired weight? Let's explore that.

# What is Procrastination?

Procrastination is the avoidance of doing a task which you want or need to accomplish. This can lead to feelings of guilt, inadequacy, depression and self-doubt. Procrastination has a high potential for painful consequences. The feelings it generates can lead us in a downward spiral that further interferes with personal success.

# Why Do We Procrastinate?

# **Poor Time Management**

Procrastination means not managing time wisely. You may be uncertain of your priorities, goals and objectives. You may also be overwhelmed with the task.

# **Difficulty Setting Boundaries**

You may let the priorities or agendas of others override your own. Learn to say "NO" once your priorities are set.

## **Fear and Anxiety**

You may be overwhelmed with the task and afraid of failing to achieve your goal. As a result, you spend a great deal of time worrying about not losing the weight, rather than taking action to lose the weight.

### **Negative Beliefs**

Thinking that "I cannot succeed in anything" and "I lack the necessary willpower to reach my target weight" may stop you from following through with the steps to lose the weight.

### **Personal Problems**

For example, financial difficulties, problems with your spouse/significant other, etc. Distractions!!

### **Finding the Task Boring**

# **Unrealistic Expectations and Perfectionism**

You may believe that you MUST reach your target weight by vacation, a special event, etc. You may think that you haven't done the best you possibly could do, so it's not good enough to keep going.

### **Fear of Failure**

You may think that if you don't reach your goal, you are a failure.

# What is Motivation?

Motivation is the activation or energizing of goal-oriented behavior. Some say that motivation can be broken down into an equation:

# **Motivation = Perceived Probability of Success**

That being said, we can move from procrastination to motivation by breaking down our goals into steps that allow us to perceive our probable success.

How to Move from Procrastination to Motivation:

- Recognize self-defeating problems such as: fear and anxiety, difficulty concentrating, poor time management, indecisiveness and perfectionism.
- Identify your own goals, strengths and weaknesses, values and priorities.
- Compare your actions with the values you feel you have. Are your values consistent with your actions?
- Discipline yourself to use time wisely: Set priorities.
- Motivate yourself to stay on your program each day by breaking your goal down to daily (bite-size) action steps.
- Set realistic goals. Break it down. Start with your ultimate goal and break it down into monthly, weekly, and daily goals.

- Modify your environment: Eliminate or minimize distraction. Don't waste time going back and forth to get things. Don't get too comfortable when you know you are scheduled to exercise soon.
- Boundaries. Learn to say "No." Remember, when you say "No" to someone else, you are saying "Yes" to you.
- TIME TO PUT IN EFFORT! EFFORT IS NOT EASY BUT VERY DOABLE! AND THEN MORE EFFORT!!
- DID WE MENTION EFFORT? THERE IS NO SECRET OTHER THAN PUT IN THE EFFORT. YOU CAN DO IT!

# Activity: Move from Procrastination to Motivation

Think of a particular behavior that you engage in and write it below in the first column. Then ask yourself, "What is the purpose of this behavior? What is the need that gets met from it?" If the behavior does not move you toward your goal, identify a healthy way to meet the need while continuing to move toward your goal.

Behavior	Purpose	Healthy Behavior
Deciding to exercise later.	Get some chores done now.	Schedule time for chores and exercise in the same day.