



Finding Your Get Up and Go

Family Life Educators

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Most people find that there are some days when it's hard to find the motivation to accomplish what needs to be done, even those things that are important. On other days, tasks are completed with energy and enthusiasm, everything is done on time and confidence is high.

When I get around to it, I will...

Use this space to brainstorm a list of things you've been putting off.

- _____
- _____
- _____
- _____
- _____

Sources of Motivation

The level of motivation ebbs and flows throughout the lifespan. Some might find that there is little motivation for one task while there is high motivation for another. Motivation can come from within oneself – when one does something for pleasure (intrinsic motivation). Examples: listening to favorite music or working on a word puzzle. Most people are more highly motivated from an outside source (extrinsic motivation.) Examples of extrinsic motivation are deadlines on assignments or due dates on bills.

Take a moment to identify your own intrinsic and extrinsic motivations:

Intrinsic Motivators (give rewards like interest and enjoyment)
• _____
• _____
• _____

Extrinsic Motivators (external rewards like a payoff or avoidance)
• _____
• _____
• _____

Aging may impact motivation because of physical changes and, as such it is advisable to be realistic about capabilities. It is important to be active physically, emotionally and socially as much as possible for healthy aging. Those who have always struggled with motivation will more than likely continue to do so. The good news is that there are ways to raise one's motivation.

What impacts my motivation?

When we consider why we procrastinate, sometimes it is caused by wanting to avoid the task altogether. In looking back to your task list on page 2, what are some reasons why you haven't completed the task. List your reasons below:

Moving toward motivation – what's your passion?

One way to increase our motivation is to consider what our passions are in life and how frequently we engage in our passions. Take a moment and think about your life passions. What gets you up in the morning? What's your purpose? What do you always look forward to doing? Use the chart below to identify your passion and then consider how frequently you engage in the pursuit of that passion.

Passion: _____
I engage in the pursuit of this passion:
_ Daily _ Weekly _ Monthly _ Yearly _ Never

Passion: _____
I engage in the pursuit of this passion:
_ Daily _ Weekly _ Monthly _ Yearly _ Never

Passion: _____
I engage in the pursuit of this passion:
_ Daily _ Weekly _ Monthly _ Yearly _ Never

Notes:

Finding ikigai!

Identifying our ikigai is a helpful step to pursuing our passions which helps increase our motivation. ikigai is a Japanese concept that translates to “a reason to live.” As we pursue our passions, we feel relaxed, at ease, and motivated – and at the center of this is our ikigai.

Reflect



As you work towards increasing your motivation, identifying your passions and finding your ikigai, consider the following questions:

What are the things in life you are always motivated to do?

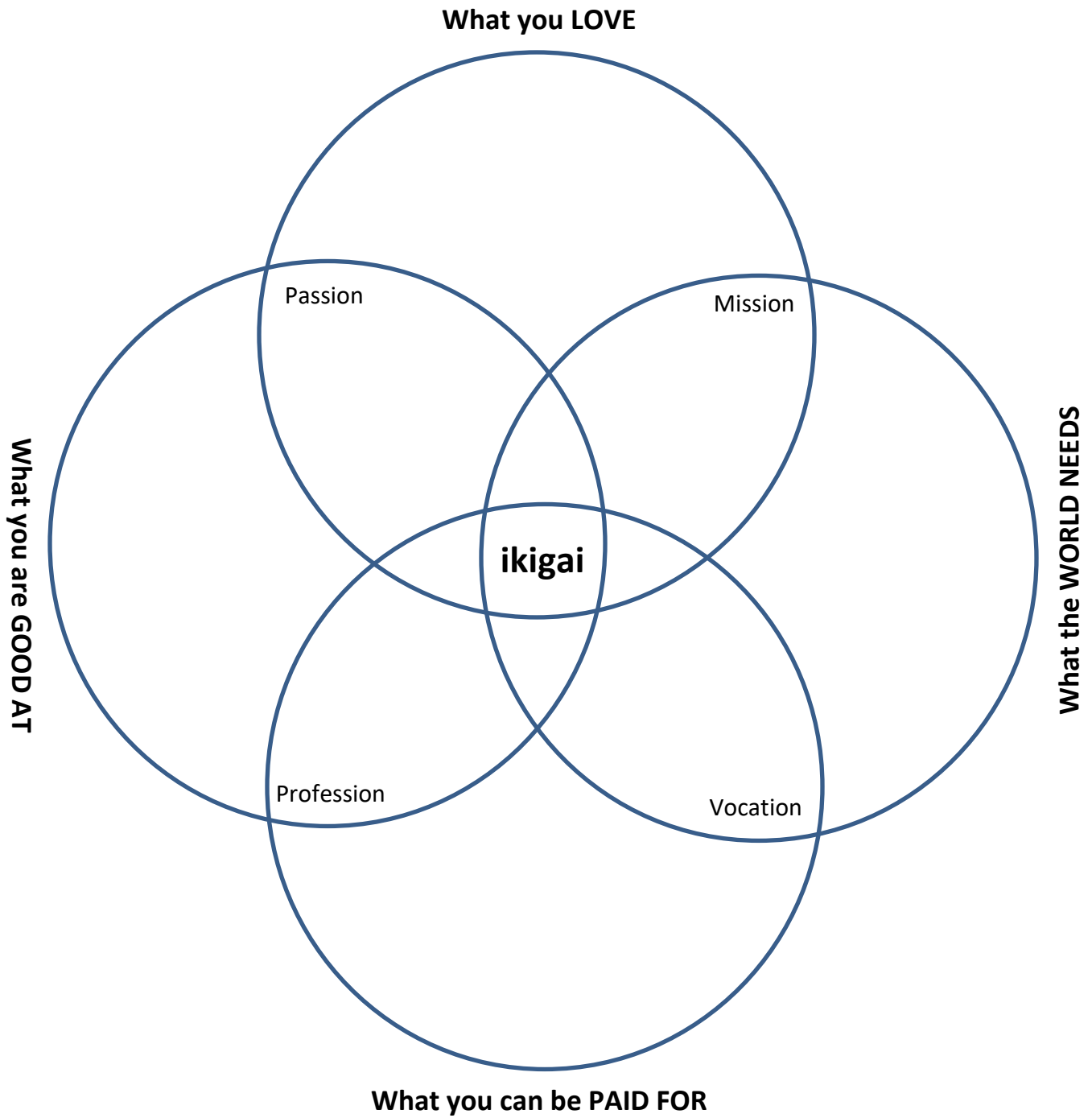
What excites you?

What do you always look forward to doing or seeing?

Using these questions along with your passion checklist can point you toward your ikigai.

My Ikigai

Complete the ikigai diagram below to identify the components of your ikigai.



Take Action

Pick one uncompleted task you listed on page 2. Using the steps below, create an action plan to help you complete the task.

What is my uncompleted task?	<ul style="list-style-type: none">• _____
Do I have the skills to complete the task?	<ul style="list-style-type: none">• If no, list the skills needed to complete the task: _____ _____
Do I need to break down the task into smaller steps?	<ul style="list-style-type: none">• If yes, list the steps here:<ul style="list-style-type: none">• _____• _____• _____• _____
Who can I tell my goal to and what date will I complete it?	<ul style="list-style-type: none">• Person I will share my goal with: _____• Date I will complete my goal by: _____
Am I engaging in negative self talk?	<ul style="list-style-type: none">• If yes, write positive self talk statements here:<ul style="list-style-type: none">• _____• _____• _____
Do I have any fears in completing this task?	<ul style="list-style-type: none">• If yes, list your fears here and how you will overcome them:<ul style="list-style-type: none">• _____• _____• _____
Who can I ask for help completing the task?	<ul style="list-style-type: none">• Person I will ask for help: _____

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