



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Finding Your Get Up and Go

University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences
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Most people find there are some days when it is hard to motivate themselves to accomplish what needs to be done, even those things that are important. On other days, tasks are completed with energy and enthusiasm, and everything is done on time.

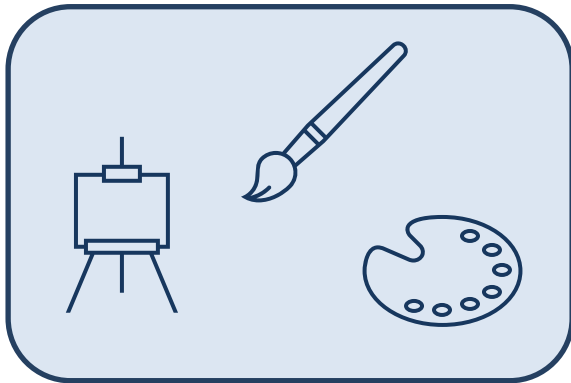
When I get around to it, I will...

Make a list of things you have been putting off doing.

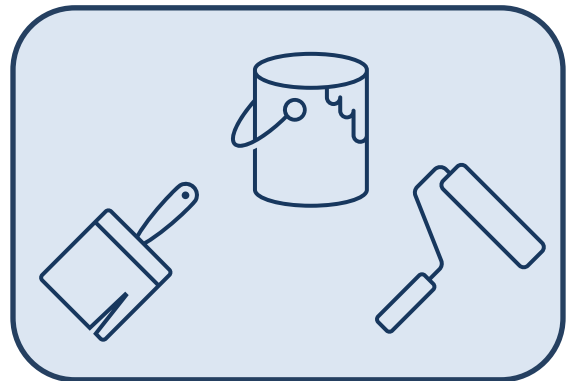
- *Example: Clean the bedroom closet* _____
- _____
- _____
- _____

Sources of motivation

Levels of motivation can go up and down throughout life. You might find there is little motivation for one task while there is high motivation for another. Motivation can come from within yourself, where you do something for pure enjoyment. Or you may be motivated to do something because you are getting paid to do it, you are meeting a deadline, or you are avoiding a negative outcome for not completing the task.



I want to do!



I need to do!

What impacts your motivation?

Motivation levels may be impacted by health and physical changes due to aging. In other words, the mind may be willing, but the body does not always cooperate! It is important to be realistic about your capabilities and seek support for tasks that cannot be completed by you

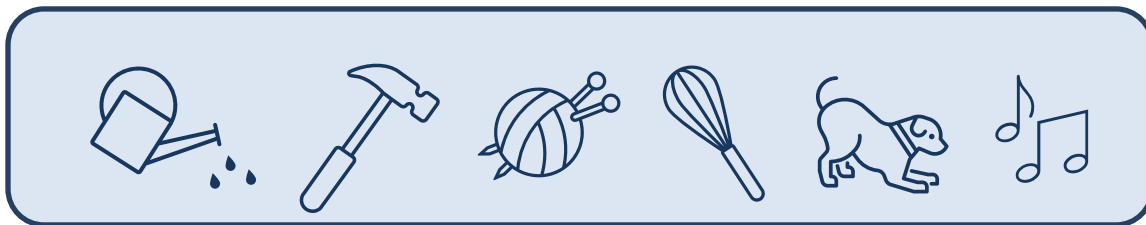
alone. At the same time, it is essential to remain as physically, emotionally, and socially active as possible for healthy aging.

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 two, what are some reasons why you have not completed your tasks? List your reasons below:

- Example: It is a big job, and I am not sure where to start
- _____
- _____
- _____

Moving toward motivation – what are your passions?

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



 Passion: _____
I engage in this passion:
_Daily _ Weekly _ Monthly _ Yearly _ Never

 Passion: _____
I engage in this passion:
_Daily _ Weekly _ Monthly _ Yearly _ Never

 Passion: _____
I engage in this passion:
_Daily _ Weekly _ Monthly _ Yearly _ Never

Finding your ikigai!

Identifying your ikigai is a helpful step in pursuing your passions, which helps increase your motivation. ikigai is a Japanese concept that translates to “a reason for being.” As you pursue your passions, you may find yourself feeling relaxed, at ease, and motivated to do them often. When you do what you love and it makes you happy and at peace, that is your ikigai.

Take action

Pick one uncompleted task you listed on page two and create an action plan to help you complete the task. Be sure to include a reward for yourself when the task is completed!

I have decided I am going to: _____

When finished, I will reward myself by: _____

Signed: _____ Date: _____

Notes:

Updated: Molly Hofer, University of Illinois Extension Family Life Educator, 2021
Updated: Karla Belzer and Molly Hofer, University of Illinois Extension, Family Life Educators, 2020
Updated: Molly Hofer and Rachel Schwarzendruber, University of Illinois Extension, Family Life Educators, 2011
Developed by: Molly Hofer, Joyce Pyatt, Cammy Seguin, Rachel Schwarzendruber, Family Life Educators, University of Illinois Extension, 2007