

Stick with It: Strategies for Staying Motivated



Once you set goals, it can be tough to stay motivated to achieve them over time, but with a little effort and some creativity, you can kick-start your motivation and stay on the path to success. The key to staying motivated is finding out what works best for your lifestyle. You may not always get it right on the first try, but it's important to try different approaches.

Tips for Staying Motivated

Whether your goals are focused on career, emotional, financial physical or social components of well-being, there are many ways to stay motivated.

Not sure where to start? The BHS team recommends these tips:

Go With a Group

- Trying to stay active? Join a sports league, running group or find an exercise class that provides social support.
- Organize your own fitness class — put on your favorite songs, gather some friends and host a fitness night. You can have each friend choose a different move or alternate who teaches the class each week.
- Try a new healthy cooking class, aerobics class at the gym or another competitive event with a friend.
- If your goals are focused around budgeting, have low-cost date nights — try board games, cards or charades.
- Host a pot-luck recipe swap with in-season produce.
- Create a group text over Whatsapp, GroupMe or a Facebook group with friends and share tips on cooking, skin care or exercise:

“I have a Whatsapp group called, “What’s Cooking” and have another one called “Forever Young” and my friends and I use it to share tips and keep each other motivated.”

-BHS Well-Being Coach

Keep Things Fresh

- Try thinking about healthy choices as something you get to do instead of something you have to do. A change in mindset can help you view your choices as privileges.
- Overcome the winter blues by changing your outlook. Nurture your emotional and social health goals by having friends over for a bonfire or hosting a family game night.
- Get out of your comfort zone and try a new class at the gym.

- Change things up from time to time when it comes to both exercise and cooking — explore Pinterest or new cookbooks.
- Create a playlist of upbeat songs to get you motivated to stay active or jam out in the kitchen while trying a new healthy recipe.

“Sometimes action comes before motivation. I think sometimes people get caught up in the fact that they’re not motivated to eat healthy or exercise so they’re waiting for that motivation to kick in. But often, you have to take the action and get a positive response (such as improved energy, feeling empowered, getting a compliment from a friend, etc.) for that motivation to really kick in.”

-BHS Well-Being Coach

Make it a Milestone

- Set up budget-friendly self-rewards for reaching milestones. Create short- and long-term check-in points.
- On a tight budget? Create a “spa” at home with cucumber slices on your eyes, an at home facial mask and calming music when you reach a new milestone.
- Take things choice-by-choice instead of day-by-day. Remind yourself that you always have the next choice to improve. One “bad” decision doesn’t have to throw off your goals.

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Supportive Surroundings

- Display reminders for the behaviors you want to work on. Try keeping a pair of tennis shoes at your work station, write down the job title you want to achieve or keep fresh fruit in a bowl on the table instead of sweets.
- See your successes — record your successful days on a calendar, post-it note, planner or another place that you will see often.
- Create a vision board. Think about what success looks like to you. Take time to put together your dreams in one place and display it proudly. If others know what you want to accomplish, they can help you get there.

Want to Create a Vision Board? Here's How!

Vision boards can help you decide what you want to achieve and how you can stay focused and motivated.

What is a Vision Board?

A vision board is a collage of what you want to accomplish. As a child, you may have created your own collage of your favorite celebrities, fashions and foods. In today's world, vision boards can be a helpful tool for adults to remember what they are working toward and why it is important.



Getting Started

"I recommend aiming to work in a space where you can achieve your best focus. For me, I like to make sure I am wearing something comfortable, have music in the background and have a clear space to work in. For others, the focus space might be different — maybe it involves lighting candles to create a more tranquil atmosphere, being around friends or having complete silence."

— BHS Marketing Coordinator

Other Tips for Starting:

1. **Prepare by writing down your goals and things you hope to achieve.** Having a vision in mind helps you translate those visions onto your board, as you look for images, phrases and words that stand out to you.

2. **Be reasonable.** Meaningful goal setting takes time, so don't expect to have your vision board finished in one sitting. Take your time and try to enjoy the process.
3. **Remember that the vision board is for YOU.** Don't worry about making it a masterpiece or obsessing over making each piece fit together perfectly. At the end of the day, your vision board is supposed to speak to you, the creator.

Prompts

Here are some prompts to help you get started:

- What is your inspiration for creating a vision board?
- What aspect(s) of your life do you want to focus on (e.g., career, relationships, personal)?
- What sources of inspiration can you use (think Youtube videos, books, speeches, etc.)?
- Who are your role models? What makes them strong role models?
- What characteristics would you like to have? How do you want others to describe you?
- What habits would you like to take on and which would you like to let go?

Supplies

Here are some basic supplies to have on hand:

- Poster board (or any other flat surface to paste your words and images on, such as a cork board)
- Scissors
- Glue (sticks or bottle) or double sided tape (or tacks, if you're using a cork board)
- Magazines (particularly ones with topics that interest you to help you find images)
- Images or phrases that you want to include (from your own collection or ones you've found on the Internet)
- Colored pens or pencils

The beauty of creating a vision board is that there are no limits — your dreams, goals, passions, etc. Use this tip sheet to help you create your own personal road map to success.

