



Going the Distance: *Sustaining Motivation*

“Life is a marathon and not a sprint”, as the cliché goes. Often it can be much easier to be a good sprinter than a long distance runner especially when it comes to ending bad habits and starting good ones. For example, most people have had the experience of making a decision to start working out. That choice is usually followed by some really good workouts at the gym for a few days or maybe even a few weeks or for as long as our motivation will carry us. Usually however, somewhere between a few days and a few weeks things can fizzle out and old habits can kick back in. Sometimes we just run out of gas with our motivation

The same is true for quitting an addiction. After an arrest or some other consequence there can be a sudden burst of motivation that can get that process of change started strong. Still with time that motivation can unfortunately subside especially as life hands us its usual array of stresses, distractions and other problems. Once we find out that change is not so easy, motivation can start to dwindle

With that in mind perhaps the issue may not be getting motivated but instead ***sustaining motivation***. –

Sustain – v -to keep up or keep going, as an action or process



Discuss:

- Once you get moving in a positive direction, what might slow you down and drain your motivation?
 - How can you avoid these motivation killers?
- What do you need in your life in order to keep the fire of motivation lit and to keep pressing forward on a sustained basis, without giving up?
 - How can you get more of that in your life?
- What about this group: How can the people here, including you, help one another to sustain motivation and to stay on the right track?
 - How can you all encourage and inspire one another?


ON THE FOLLOWING PAGES ARE TASKS BASED ON 3 KEY ASPECTS OF SUSTAINING MOTIVATION – Complete each task and share your results as a group:



Key Aspect of Sustaining Motivation #1 – MISSION

Mission: An important goal or purpose that is accompanied by strong conviction - It is critical to know and understand your mission so you can remain prepared every day to carry it out successfully.

TASK for MISSION: Come up with your own statements and sayings that help define and inspire your mission. Your choices can be **brief** but make sure that they are **meaningful** to you but also **realistic** and **memorable**. Write your inspirational statements on the page below all over the page.
A simple example is provided to get you started – “Don’t give up keep on going...”

Don't give up
Keep going... 



Key Aspect of Sustaining Motivation #2 – VISION

Vision: *Clear future perception* - It is important to be able to keep “the eyes of your mind” focused on where you want to be. You need to see it very clearly every day so you do not lose sight of your goals

TASK for VISION: On the remainder of this page, write about or draw (or both) **your vision** of where you see yourself when you have reached a point of success, no matter how far away that may seem today



Key Aspect of Sustaining Motivation #3 – VALUES

Values: *What's important and worthwhile in our lives*- Values drive motivation. Each day we do what we do based on what we value at that time. Keeping positive values in view can help us stay focused

TASK for VALUES: On the page below take some time to make a comprehensive values list by brainstorming all of the people (*family, friends*), things (*money, time, etc.*), and ideas (*like loyalty, freedom or trust*, for example) that are ***important and meaningful*** to you personally.

When you are done with your list circle the top 3 or 4 values on your list that can help you stay motivated