

# STAYING MOTIVATED



Motivation isn't always easy to come by so it's important that when it isn't around, we have built solid habits that we can draw upon but also can think about our deeper 'WHY' - the reason we are doing all of this!

Think about WHY you want to be more physically active  
- is it a certain sport related goal? Life related goal?  
Maybe you want to get back to playing football with your team? Or to go on holiday with plenty of energy with your family? Is it perhaps to feel more confident? Or to be able to do the things you love to do with your friends?

Remembering that reason when things feel like a challenge can be very powerful!



## **SOME MOTIVATION TOP TIPS:**

- After deciding on your 'WHY' write it down and pop it in a place that you'll see it often as a reminder - on the fridge, on your phone background, on the bathroom mirror, wherever feels good for you.
- Set some goals that make you excited. Make them SMART - specific, measurable, achievable, realistic and within a certain time frame. Write them down and break down how you plan to get there. If you need support with this ask your Cancer Rehab Instructor for a specific goal setting session together.
- Make movement part of your daily routine, for example, squat while you wait for the kettle to boil, do calf raises while you brush your teeth, opt to always take the stairs over the lift if you can and commute actively rather than driving if possible. Not all of these things will work for you but you get the idea!
- Keep an activity diary - this will help you to notice patterns, what is working and what isn't and therefore what we might need to change or work on. You will also be able to see and celebrate your great progress over time!
- Set your alarm 10 minutes earlier in the morning so that you can fit in some brief movement in the morning - a walk, some stretching, whatever feels good for you!
- Plan your week in advance! This way you will have written down when you are set to do your more formal physical activity sessions. The plan can be flexible, life happens! If it's written down though, you're far more likely to stick to it.
- Create a system where you give yourself a minimum requirement even with life gets hectic or you least feel like it. For example, the 'ideal' might be a gym class but this might not always fit in, so your minimum might be a 10 minute walk from home instead if that doesn't work out. Remember some movement is often better than none at all!
- Get those closest to you involved! This gives you some accountability if you tell them your goals but even better if you can get them joining in. You're far less likely to not do something if you have invited someone else along. It's also way more fun as a team!