



Motivation includes having the desire, energy, willingness and the ability to be involved in the daily activities of life. At times, your illness may decrease your motivation to take part in life to the fullest. When you are not motivated, you are more likely to be inactive and your health will suffer. Your health will improve if you are motivated and active.

Here are some things you can try to increase your motivation:

- Write down all the positive things about being motivated.
- Make the decision that you want to be motivated.
- Start slow. Set small short-term goals.
- Use positive self-talk to practice being motivated. For example, *“I have the desire to do one thing today for me”*.
- Do something you like even if it is hard to start – just start.
- Be around positive people who are motivated. Invite them to help you.
- Involve yourself in a leisure group or community activity.
- Find a positive behavior, such as exercise. Practice it for 3 weeks, and it will become a habit.
- Read books on motivation. You can find these in the library.