



# Get Out of the Motivation Rut and On the Road to Success

Presented by  
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VA

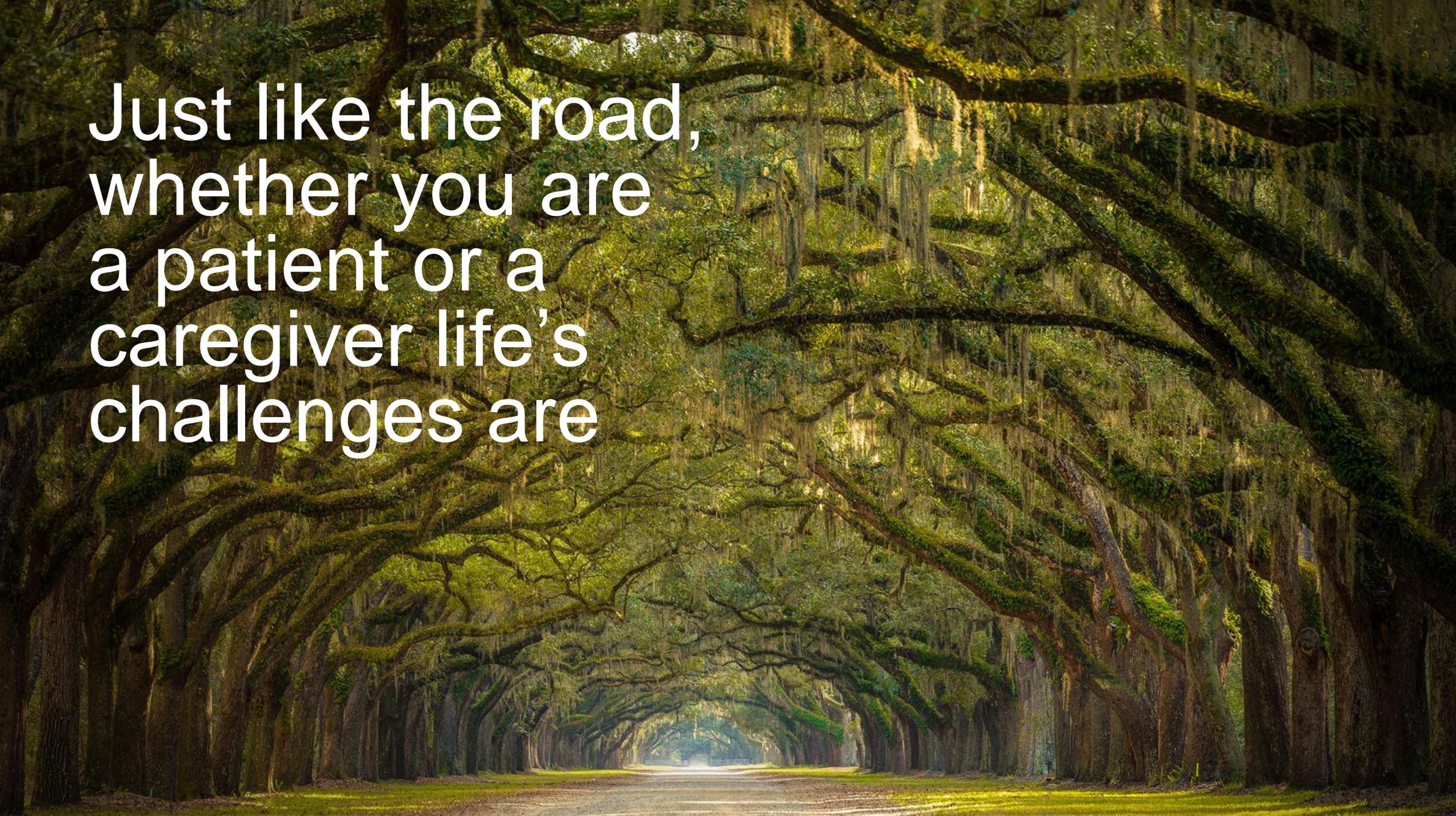


U.S. Department of Veterans Affairs

Atlanta VA Health Care System

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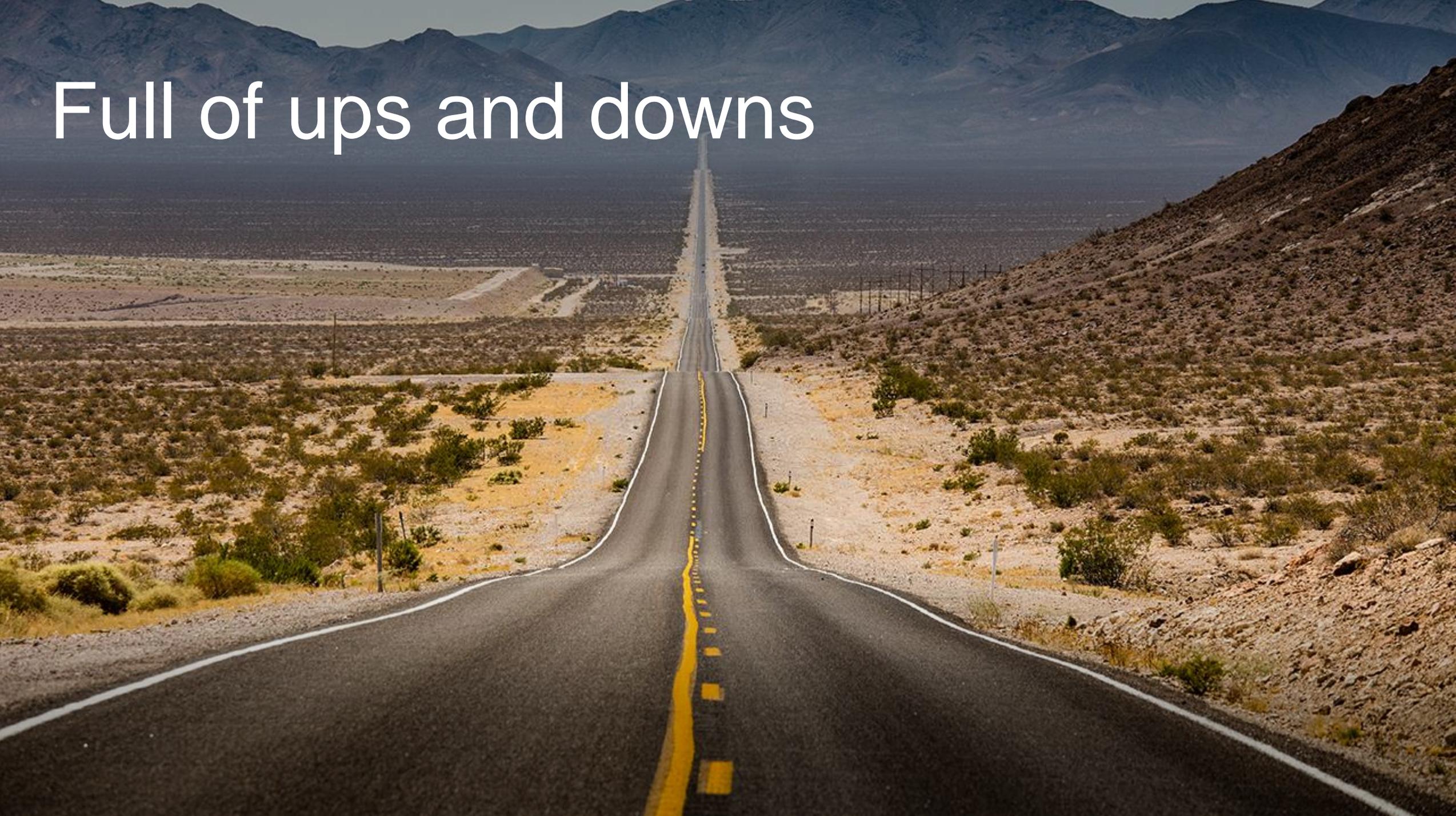
A long, straight road lined with large, moss-covered trees, creating a tunnel effect. The trees are thick with Spanish moss, and the road leads into the distance. The text is overlaid on the left side of the image.

Just like the road,  
whether you are  
a patient or a  
caregiver life's  
challenges are

Different for everyone



Full of ups and downs



And twists and turns



The path may be hard to see



And is almost  
never easy



How do we keep  
moving forward  
when challenges  
arise?



Find a way to maintain motivation  
and keep moving in the right  
direction





**What is  
motivation?**

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Motivation has many different definitions



**Motivation is different from person to person**



And situation to  
situation

Sources of motivation can be internal or external





# What is motivation based on?

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Individual needs for

- Autonomy- combines your sense of self with the ability and desire to act
- Competence- ability to influence your environment
- Relatedness- connections with others

(Ryan & Deci, 2000)

Influenced by

- Your own attitude about your goal or behavior
- Attitudes of others about your goal or behavior

(Ajzen, 1991)



Keeping all these factors in mind, lets define motivation as:

Positive feelings about a behavior, which are supported by one's important others, that result in taking action



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Do you know what  
you want to do but  
can't get started?



# Strategy #1: Start Small and Set SMART Goals



**SPECIFIC**



**MEASURABLE**



**ACHIEVABLE**



**REALISTIC**



**TIME-BOUND**

(Hersh et al., 2012)

A photograph of a workshop or construction site. In the center, a wooden workbench is built from several wooden planks. On top of the workbench sits a black circular saw. The floor is concrete and covered with wood shavings and various pieces of wood. In the foreground, there is a yellow and black tape measure, a pair of yellow work gloves, and a metal bucket containing tools. The background is a plain, light-colored wall.

Do you start things and not finish them?

## Strategy #2: Troubleshoot Barriers

Financial

Support

Access

Time

Emotional

Do you get  
overwhelmed?



# Strategy # 3: Support Cognition



Energy conservation



Pacing



Modify environment



Take breaks

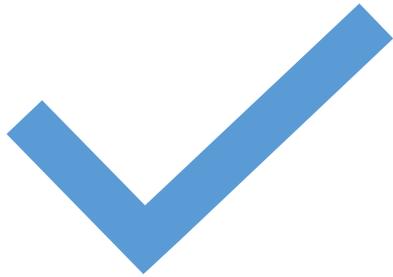


Do you let  
anxiety,  
sadness or  
frustration  
hold you  
back?

Strategy #4:  
Find your hope



# Strategy #5: Pay attention to progress



Use checkpoints for progress



Celebrate small successes

Depression is a  
real problem!

Its OK to seek  
professional help!



Do you need someone else to help you stay motivated?



# Strategy #6: Use your support system



CONNECT WITH  
OTHERS



ASK FOR HELP



ACCEPT HELP



**Time to grab a friend and get going!**



Join  
the  
Registry

Volunteer  
for  
Research  
Projects



Improve  
Health  
through  
Research

Help  
Fellow  
Veterans

# Participant Registry

**Purpose: to connect researchers at the  
Atlanta VA Center for Visual and Neurocognitive Rehabilitation (CVNR)  
with people who are interested in participating in research studies**

- ✦ Enrollment is open to individuals 18 years or older at no cost
- ✦ Information collected includes:
  - Name
  - Contact Information
  - Brief health history

**For more information:**

**(404) 728-5064 or**

**[CVNR.Registry@va.gov](mailto:CVNR.Registry@va.gov)**

**[www.varrd.emory.edu](http://www.varrd.emory.edu)**



CVNR Participant Registry (IRB#159),  
Amy Rodriguez, PhD, PI v05.03.2022

VA



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Questions?

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