



May - Motivation



Motivation can be a tricky thing sometimes. Some days we feel extremely motivated to crush our to-do list and achieve our goals whereas other days, we just don't feel the same way.

At its core, motivation is the force that pushes us into taking action, like getting the snow shoveled, getting to the gym, or getting out the door for that daily walk around the block (our furry friends sometimes help push us into action for that one).

Different things can spark our motivation, and each day that spark could be something different, too. In many cases we do not even notice motivation acting on us at all, until we feel like we have none. Right?! Been there!

What is interesting is, the motivators we are most often unaware of, are sometimes the ones that have the biggest impact in our lives.

Yes, we could talk about all the different types of motivations. Intrinsic (internal) motivations, which come from within (those that align with our interests, passions, and values), and extrinsic (external) motivations which come from outside, external factors. We could talk about how these two types (and their subcategories) help us be more productive, build new habits, and 'trick' our brains and bodies into taking action.

However, finding a little motivation does not have to be a complicated, mind-blowing breakthrough. Just the other day, when I looked around the gym floor at the participants who were gathering for the class I was about to lead, I recognized a single mom, several Veterans, a wounded warrior, an 80+ year old, and a cancer survivor. Wow. I was moved!

THAT is the stuff that motivates me!

So, when you are feeling a little unmotivated, look around you, take it all in and consider this: something motivated you to read this newsletter today. Therefore, on some level, you are motivated, and you are meant to be part of our very special MVP+ program for a reason! And THAT counts!

Until next time,

Kerri

Don't forget to join the private MVP+ Facebook Group!



Connect with Kerri & Gunther!

Kerri and Gunther are always ready to motivate you on your health & fitness journey. Feel free to message them anytime through the Private MVP Facebook Group or via email.

A Resource for Cultural

Foods Around CFB Kingston

Health Promotion Kingston is committed to creating a comfortable and accountable space for CAF community members.. [Read more](#)



Contest

Let us know what motivates you, or what helps keep you motivated for a chance to win a prize.

[Begin](#)

****Contest only allows for those participating to win once each fiscal year.****

Congrats to last month's winner, B & M Mendonca!!

MVP+

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