
SELF-MOTIVATION

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“If we did all the things we are capable of, we would literally astound ourselves”

Thomas Edison

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The three “C’s” of self-motivation

- Competence
- Choice
- Community

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Competence

- Get Started
 - Set a goal for yourself
 - Create a time frame to achieve your goal
- Track your progress
 - Reflect on your starting point
 - Reevaluate your execution
 - Improve areas of weakness

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How are you empowered and competent to overcome challenges?

- Can you do it?
 - Do you believe it is possible to achieve?
- Will it work?
 - Are we trained and educated in the task?
- Is it worth it?
 - Are the consequences worth the reward?

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If the answer is *yes*...

Then you are competent and
empowered

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Choice - It is up to you

- **Autonomy**
 - Is this by your own choice or by someone else
- **Perspective**
 - Are you a success seeker or a failure avoider
 - Is your over all outlook positive or negative
 - Do you talk positively to yourself

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Success related to community

- Interdependence > Independence
- A healthy sense of community will increase your likelihood for success

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Enemies of Self-motivation

- Apathy
- Pride
- Learned helplessness
 - Originates from trauma related to repeated failure
- Set-backs
 - View failure as another opportunity

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HEALTHY RECIPE

■ The Ultimate Healthy Banana Bread

- 2 ¼ cups (270g) [white whole wheat flour](#) or gluten-free* flour (measured [like this](#))
- 1 ½ tsp baking powder
- ¾ tsp baking soda
- ¼ tsp salt
- ½ tbsp (7g) unsalted butter or coconut oil, melted and cooled slightly
- 3 large egg whites, room temperature
- 2 tsp vanilla extract
- 1 tsp white vinegar
- ¼ cup (60g) plain nonfat Greek yogurt
- 1 cup (260g) mashed banana (about 2 medium)
- 3 tbsp (45mL) [pure maple syrup](#)
- 6 tbsp (90mL) nonfat milk



- Preheat the oven to 325°F.
- Lightly coat a 9x5" loaf pan with nonstick cooking spray.
- In a medium bowl, whisk together the flour, baking powder, baking soda, and salt. In a separate bowl, whisk together the butter, eggs, vanilla, and vinegar. Mix in the Greek yogurt, stirring until no large lumps remain. Mix in the mashed banana and maple syrup. Alternate between adding the flour mixture and milk, beginning and ending with the flour mixture, and stirring just until incorporated. (For best results, add the flour mixture in 3 equal parts.)
- Spread the batter into the prepared pan.
- Cover the top with foil, and try to push up the foil in the center to ensure it doesn't touch the batter while baking.
- Bake covered at 325°F for 35 minutes.
- Acting very quickly, remove the pan from the oven, and remove the foil. Immediately put the pan back in the oven, and continue baking the banana bread for an additional 28-32 minutes (for a total of 63-67 minutes) or until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes before carefully transferring to a wire rack to cool completely.