



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP & PAP Newsletter

October 2022

Some Motivation For Motivation

What happens when your “Get up and Go” gets up and leaves? You lose track of your motivations, goals, and feel that you are starting to circle the drain. It’s time to find a way to regroup and start again... Again...

Success, they say, is about getting up one more time than you fall. Here are some tips to remind you of what you probably already know but may have forgotten during a stuck moment.

MOTIVATION

Motivation initiates, guides, maintains, and focuses what you do and how you do it. Motivation is like the jet fuel that pushes you to get to your goals, keeps you going, and continues to add fuel to your jets. Motivation reminds you that you can do a little bit more even when you are feeling like you cannot.

GOALS

Goals are all the things you want to accomplish in your day, week, month, year and even life. They are usually meaningful to you, if only to you. Goals can be small or huge, simple, or complex. Goals are the images that define your actions, the unique targets and hopes and ambitions that are special or interesting to you from day to day.

WHAT HAPPENS IF YOU HAVE NO GOALS AND NO MOTIVATION

Without goals, there is no motivation, and without motivation, your goals can dissolve leaving you disappointed in yourself, bored, or feeling as if life has no meaning. Drifting along without goals is a less than fulfilling way to live a life, whereas a goal (even a small one) can energize and add color and texture to your days.

SOME FIRST STEPS TOWARD GOAL SETTING

- Write down a goal.
- Think about it and imagine it.
- Do a little research if necessary.
- Enjoy the image of your goal.
- Imagine you reaching your goal.
- Take one small (even infinitesimal) step toward it. (*One of my writing mentors taught me, that if you don't feel like you can write today, sharpen your pencils.*)
- Feel good about that beginning. (Remember in grade school when you got a “star”? It’s the same thing – it feels good!)

INCREASE MOTIVATION OVER TIME

- Review your goal.
- Set new little bits to it that are sustainable.
- Keep your energy going.
- Talk to others who are mentors, friends, safe supporters.
- Feel good about any little 1% you add to your forward movement.

[continued]



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Counselors are available across Hawaii.

Legal/Financial/Eldercare/ID Theft/Mediation Consultation is also available.



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Some Ideas for Life Goals

1. Become an inspiration to others
2. Master a difficult skill
3. Become a thought leader in your industry
4. Get promoted to an executive role at your company
5. Learn about how to become a millionaire
6. Go on a trip around the world
7. Travel to your dream country
8. Double your personal income
9. Publish a novel
10. Take a motorcycle trip
11. Volunteer at a hospital when it's safe to do so
12. Run in a marathon
13. Get six-pack abs
14. Achieve zero debt
15. Invest in the stock market
16. Drive or buy your dream car
17. See one of the Seven Wonders of the World
18. Plan for your retirement
19. Graduate from college
20. Learn to fluently speak a foreign language
21. Meditate daily
22. Donate to a charity annually
23. Have a long-term relationship
24. Climb a mountain
25. Learn how to surf
26. Master a musical instrument
27. Learn how to rock climb
28. Live in a foreign country
29. Drink enough water everyday
30. Give up junk food for a year
31. Paint a picture
32. Craft something using pottery skills
33. Master ballroom dancing
34. Compose a song
35. Maintain your ideal body weight
36. Get paid doing what you're passionate about
37. Find your life partner
38. Learn how to prepare healthy meals
39. Learn how to lift weights and build muscle
40. Regularly call your parents
41. Create multiple income sources
42. Keep a life journal
43. Go deep sea fishing
44. Buy your first house
45. Build your dream house
46. Go skydiving
47. Go hang gliding
48. Ride in a hot air balloon
49. Snorkel in the ocean
50. Climb on a glacier
51. Go whitewater rafting
52. See your favorite football team play at their stadium when it's safe to do so
53. Go to the Olympics
54. Get a hole-in-one while golfing
55. Golf 18 holes under par
56. Assemble a collection of your favorite books or artwork
57. Run a six-minute mile
58. Declutter your home
59. Appear on a podcast
60. Read two books every month
61. Leave a financial inheritance
62. Trace your ancestry and visit their country of origin
63. Try a vegan diet for a month
64. See your favorite musician in concert as often as you can
65. Create a new family tradition
66. Maintain a healthy work-life balance
67. Start an online business
68. Celebrate your relationship anniversaries
69. Meet an athlete or celebrity you admire
70. Practice gratitude everyday
71. Start a small business
72. See the ball drop in person on New Year's Eve when it's safe to do so
73. Adopt and care for your dream pet
74. Give up drinking soda
75. Witness the Northern Lights

More ideas and motivation links are available on our website!

www.eapacific.com/some-motivation-for-motivation.html

Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



5 TIPS FOR WORKING FROM HOME STRESS-FREE (PARENT'S EDITION)

This is an article written by James E. Porter, CEO of StressStop.com and is used by permission. When I started...

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SUPPORTING TRANSGENDER, NON-BINARY, AND/OR GENDER NONCONFORMING EMPLOYEES

Making the workplace an inclusive and affirming place for employees who are transgender, non-binary, and/or gender nonconforming...

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MEDITATION FOR WELLNESS

Our lives are full of demands at all different levels. All demands affect us, some to a mild degree, and...

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DEALING WITH ANGRY CUSTOMERS

If dealing with irate customers makes you want to drive home, jump back into bed, and hide under the covers.....

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SIGN UP FOR 52 WEEKS OF WELL-BEING

You can sign up to receive weekly emailed tips for a year that help you build your resiliency. Written by our own Dr. Vali Hawkins-Mitchell...

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Check out your EAP's website at

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Or your PAP website at www.HawaiiPAP.com

Please note that work/life services (legal, financial, eldercare, ID theft, mediation) are available to most, but not all, EAP customers. Call us if you have a question.

From <https://www.amfam.com/resources/articles/support-for-your-dream/life-goals-examples>

EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.



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