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## Motivation and Performance, Blog 11

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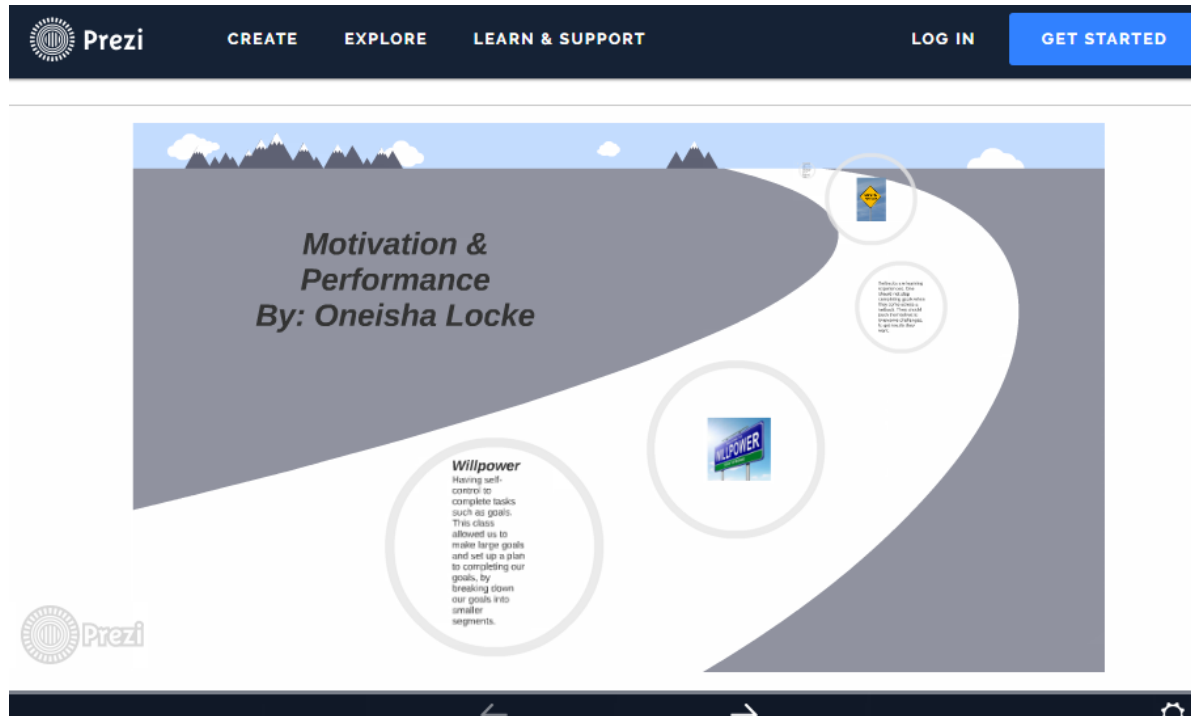
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# Nutrition 4 Commoners

<https://rampages.us/lockeol/>

Oneisha Locke



DAY10, UNIV291-035

## FINAL PROJECT

OCTOBER 4, 2015 [LEAVE A COMMENT](#)

[https://prezi.com/ara7w9ud\\_ycn/untitled-prezi/](https://prezi.com/ara7w9ud_ycn/untitled-prezi/)

DAY10, UNIV291-035

## DAY 10

OCTOBER 4, 2015 [LEAVE A COMMENT](#)

Good morning everyone, once again I am Oneisha. My overall goal is to improve my health. During this class I choose to focus on running three miles, doing five pull ups and working out five days a week.

Through the course of this class I have learned that I have the tools of completing my goals. I know what to do, I know how to do it and I know when to do it. I found ways out different approaches in taking steps to actually finishing my goals, whether it may be motivating myself, cutting out negative influences that hinder my progress and not getting frustrated with setbacks.

Some ideas I was thinking about for my project was a simple video with pictures and some motivating music in the background. I do not like the way my voice sounds on video so I will try my hardest to stay away from recording my voice. I want my video to be empowering and motivating to others who watch it. If anyone has any cool ideas, I would be defiantly willing to consider using them in my final video to spice it up.

I was also thinking about doing a prezi. I never used it before it so i would like to try something new and different for myself. My project will mainly focus of willpower with some type of description. then move to how setbacks are not always meant to be taken as negative. We can use setbacks to push ourselves over the hump of difficulty and coming our goals. Finally, I want to end on influences. We will experience positive and negative influences. We just have to distinguish if will use all influences as motivation or ignore some. We just have to know that there is always some one rooting for us to succeed.

DAY9, UNIV291-035

## DAY 9

SEPTEMBER 28, 2015 [LEAVE A COMMENT](#)

Good evening everyone, once again I am Oneisha. My overall goal is to improve my health. During this class I choose to focus on running three miles, doing five pull ups and working out five days a week.

Some insight I got from chapter 7 was empathy gap. The empathy gap is basically when a person does not how they will act when temptation occurs. For example, a situation that is similar to my goals is if there is bad whether preventing me to go to the gym will I take the day off or will I try to work out in my room. I still do not know what my choice would be now. I will try to be proactive and do a light workout at least instead of nothing at all. I just have to stay motivated and keep my eyes on the prize.

Some setbacks that I think I may come across is lack of motivation of going to the gym and doing work outs. If I am not working out I will not reach my goal by the end of this year. My lack of motivation will mostly come from me not seeing any results. I get very discouraged when I am giving my all into something and nothing comes out of. I know exercising a few times will not give me major results so I have to continuously work out.

I can overcome my setbacks by changing up my work outs frequently so I do not get bored. When I get bored with working out, it will begin to feel like a chore. I want to keep my work outs fun and leaving me feeling good when I finish. It is much easier doing something that is enjoyable. I know some days are going to be harder than other but that's what I expect.

DAY8, UNIV291-035

## INFLUENCES

SEPTEMBER 25, 2015 [LEAVE A COMMENT](#)

My family is really funny. I always tell them I need to work out more or I am trying to get to a place where I am comfortable with my physical physique. My dad usually lectures me to wake up early and get the blood pumping. I usually do not listen to him because I am not a morning person and I am very clumsy so that can be very dangerous to me. My mom always state that she is going to go on my fitness journey with me until I ask her to exercise with me. Then she always has an excuse that her doctor does not want her to work out with me. I caught my mom in her lie that she calls an excuse. I visited her doctor this past week and he told me that I should work out with my mom to help her lose some weight as well. In a sense my family kind of hinders my goals but sometimes they help me at the same time. Although, my mom does not want to do my work outs with me, she encourages me to physical activity with her. When I am home and sitting around, she will ask me to walk around our neighborhood with her. My mom also purchases healthy foods so I can't eat a bunch of junk. The other day she bought a lot of fruit for me to take back to school and spending my mom on chips, candy and crackers.

The ways I minimize negative influences is giving myself distances from the negative people. Good thing VCU is hour and a half away from my house and I live on campus. I do not have to hear negative comments from my parents but I can always call them for positive comments. They tend, especially my dad not to be so negative while I am away at school.

DAY7, UNIV291-035

## ARE THEY LOAFING?

SEPTEMBER 25, 2015 [LEAVE A COMMENT](#)

Good afternoon everyone, once again I am Oneisha. My overall goal is to improve my health. During this class I choose to focus on running three miles, doing five pull ups and working out five days a week.

I decided to research social loafing. I found that social loafing is when a person in a group uses less effort to accomplish a goal rather when they are working alone. I think social loafing is the reason why I do not like working in groups. I always felt as I put in more effort than others to complete our task properly. Even though, I try to social loaf, it is hard to do. I cannot trust my grade in someone else's hand who does not care whether or not if they get a good grade.

The cyclist probably experience social loafing during the race or practice hours. Maybe some cyclist feel they do not have to give practice their all because it is only practice. The cyclist probably went through a rough patch of getting everyone to give the same amount of effort. Some may feel they do not need to put as much effort into practice because it is practice. When I cheered in high school my coach told us the way we practice is the way we perform. If we had a crappy practice he would assume we did not want to compete because it showed our performance would be crappy. When we practiced as if we were in a crowd on the floor, it was

great and we did not have as many fears for our performance. I feel like all teams have to get all team members out of the loafing stage. Social loafing can negatively affect the cyclist during the race. They have to make sure social loafing is to a minimum.

DAY6, UNIV291-035

## DON'T LOSE CONTROL

SEPTEMBER 24, 2015 LEAVE A COMMENT

Hello everyone, once again I am Oneisha. My overall goal is to improve my health. During this class I choose to focus on running three miles, doing five pull ups and working out five days a week. I don't struggle with doing the work outs as much as I thought. I struggle with getting to the gym or location I choose to work out at.

Today we all will be writing about ways to increase the capacity of our self-control. It is important to me to increase my self-control to reach my goals. If I do not have self-control I will have a hard time accomplishing my goals. I once was told it takes two weeks for your body to start changing, four weeks until you start seeing body changes and eight weeks for the world to notice changes. I have to have will power to be consistent with keeping up with my exercises or attending the gym.

One way I plan on increasing my self-control is making a daily schedule for myself and sticking with it. I will work out Monday through Friday after my last class and before work. Instead of dressing in jeans and a t-shirt, I will be wearing gym clothes. This will motivate me to go straight to the gym after my last class. Therefore, I can't use the excuse I need to go to my room to change my clothes. Knowing myself I will get comfortable changing out of my school clothes into my gym clothes and end up staying in my room. I will also pack my work clothes with me so I can't use the same excuse to go back to my room skipping out on my workout.

I will also pack plenty of snacks with me so I can weasel my way into eating over working out. I plan to eat a snack at the beginning of my last class so the food can digest down some before I exercise.

DAY5, UNIV291-035

## DO YOU REALLY HAVE SELF-CONTROL?

SEPTEMBER 24, 2015 LEAVE A COMMENT

Good evening everyone, once again I am Oneisha. My overall goal is to improve my health. During this class I choose to focus on running three miles, doing five pull ups and working out five days a week.

I understood from the book that ego depletion is the lack of self-control and willpower. I am pretty certain everyone goes through ego depletion. I experience ego depletion on a daily.

Somedays I have strong willpower and other days my willpower is weak. Self-control comes into play for me usually is when I have to choose something to eat. Fast and easy food is always a convenient choice but it is not always the right choice. The right choice would have been a baked, grilled, broiled meat with some type of vegetable. Since I am constantly outside of my apartment, it makes it hard to make food when I am hungry. The solution I have come across was to meal prep. This basically is me cooking all my meals at the beginning of the week for lunch and dinner. So all I have to do is grab a meal and pop it in the microwave to eat whenever I am hungry. The only bump in my plan is sometimes during the week I have the urge to want other food than what I have prepared like Chikfila or Pizza Hut. I have to use willpower to not buy these very tempting foods. I came up with another solution to combat fast food urges. I pack snacks in my book bag such as apples, oranges, crackers and raisins. This has helped with my impulsive urges to purchase fast food. I am human. I have not cut out fast food completely but I gave myself one day to have fast food a week.

I most likely experience ego depletion is because my desire for something is greater than my willpower. That means I will usually fall to getting whatever I was desiring instead of thinking about the consequences. The only time I don't fall to my desire when my willpower is low is when I am being lazy. Laziness has helped me from making wrong decisions because I just don't want to leave the comfortable position. To my fellow classmates it is okay to be lazy because one day it will save you from making the wrong choice.

The way I recover from ego depletion is taking a few hours to myself after I am finished with my classes and work. This gives me time to relax my mind and get ready to study or complete the homework I may have. This really helps because I get my work done a lot faster by taking a break than staring at it for several hours.

The way I prevent ego depletion is to plan accordingly. Whether it may be packing plenty of snacks to hold me through the day until I can get to my meal preps or assisting me to choose free snacks over paying for food I do not necessarily need.

DAY4, UNIV291-035

## EXHAUSTING DECISIONS

SEPTEMBER 23, 2015 [LEAVE A COMMENT](#)

I never really thought of decision making being so tiring until after reading Willpower. Today I was very aware of all the decisions I made. I do make a lot of decisions throughout the day. Whether the choices I make are large or small, it takes energy from me. I am so tired trying to write this blog. I decided to write this blog after I have been out all day and this shows me that decisions fatigue.

In the beginning it was very hard for me to decide on what goals I wanted to focus on. There is so much I could work on to better myself. Even though, I only chose three goals to work on. I am trying to work on smaller goals as well. I want to be able to run three miles nonstop, doing five pushups, and working out five days. While trying to accomplish these goals, have to make sure I

make decisions to stay on top of my school work so I can work out and work. My normal days leave me really drained. If I do not make the right decisions during the day by doing my school work ahead of time. I usually pay for it later by having late nights either finishing up assignments or studying because I value my education. It is really hard for me to give up on my school work.

I need the same motivation I have for doing my school work for my physical goals and staying on top of them and never slacking off. Not only do I want to increase my physical abilities but I am also working on improving my eating habits. I feel I will not see a lot of results if I am not also improving what I input into body to get a better output.

DAY3, UNIV291-035

## TO DO TODAY OR LATER....

SEPTEMBER 21, 2015 [LEAVE A COMMENT](#)

My name is Oneisha and my goals are to run three miles nonstop, do five pull ups and workout five days. I think this chapter was interesting. It seems beneficial to make to do lists and organize tasks that need to be done. I kind of already do this modified. When I wake up I always make a mental note to myself what needs to be done that day. I usually can stick with my list until everything is complete. I tend to procrastinate a lot but I will stay up until task are complete. I mostly experience this with my homework. Lately since I started my goals, I work out Monday through Friday right after I get out my last class and before I go to work. This sandwich schedule makes it hard for me to stall since I have at least an hour to get my full work out in.

Drew Carey says it best when there is no list to follow people can feel overwhelmed and stressed a bit. I can agree with that. When there are so many choices it makes it harder for me to make decisions. Once everything is put in order and narrowed down it makes it a lot easier for me to make decisions. The fuzzy versus fussy concept stood out to me as well in this chapter. Broad goals are okay but specific goals can get you closer to your accomplishments. The clearer the goal the better. I could have just said I want to work out but I chose to focus on my endurance by running 3 miles nonstop or working on my muscular strength by building up to do five pull ups. So my little goals to my big goals would be working my way up to it by running a certain distance or lifting weights.

DAY2, UNIV291-035

## MOTIVATION

SEPTEMBER 21, 2015 [LEAVE A COMMENT](#)

Motivation for my goals are autonomous, however at times, depending on the activity, they seem to be controlled. I want to run three miles nonstop, do five pull ups and workout five days a week not just because I have never done it but I feel it will put me closer to the proper weight range for my height. I know that I should not go by a chart that basis my weight off my height. I would feel a lot more secure if I was able to be in the right range my doctor has told me I should be in. So I feel it is a little bit of controlled that I am doing some of the physical activity in order to lose weight and be in the correct range. The doctors are controlling their patients' to be healthy and

care about their physical well-being. It is always up to the patient if they choose to take their doctors' advice or not. I am just trying to reach my overall goal of being 120 pounds and comfortable in my skin. I would say my goal involve the fundamental needs of both autonomy and competence. I am controlling when and how I get to my goal and I have the ability to be successful at it.

Activities such as listen to music, dancing, and chewing gum are flow experiences. They are flow experience because they make difficult tasks or boring tasks a lot easier to accomplish them. Listening to music helps me get into the groove of things, especially when I'm working out I have a rhythm to go to. Chewing gum helps calm my nerves or help my breathing when I am overwhelmed or also working out. It forces me to breathe in my nose and out my mouth to control my breaths. Dancing helps me loosen up when I get very tense or even pumps me up to do something like lift. My flow experiences are an assets to me working towards my goals because it gets my focus off how hard it will be to just doing it.



DAY1

## DAY 1

SEPTEMBER 19, 2015 [LEAVE A COMMENT](#)

The next few months I have set some physical goals for myself to achieve. The first goal is to improve my cardiovascular system by being able to run three miles nonstop. My next goal is to improve my muscular endurance by being able to do five pull ups. My last goal is to work out five days a week consistently. Five of my top strengths for the Character Strength Quiz were perseverance, honesty, bravery, humility and perspective.

I think these strengths relate very closely to the goals I have. I need to persevere to complete my goals despite the obstacles I may come towards because at the end I will be very satisfied I finished my goals and will be able to do anything. I need to be honest with myself about my physical abilities when I begin working towards my goals, during and after. It will keep me level headed and always working hard, never taking it easy just because I do not feel like it. I have to be brave taking these steps towards a better me. Tasks will seem very challenging and discouraging but I have to be brave that I can do the tasks to get to where I want to go. Humility will keep me from becoming bigheaded when I see myself transforming and feeling myself. Finally, perspective can help me from getting frustrated so easily when I start to come across obstacles that make me feel that I will not be able to complete my personal goals.

Heroes to me would be my parents. They are inspiring to me because they do what they have to with minimal complaining. They have made sure my brother and I have the tools and the opportunities to do whatever we desire. They own their own business and work another job on top of that to live comfortably. They inspire me to push towards my goals and never to give up



because they never gave up on my future. They have faced many obstacles and overcome them all the time. In due time I will reach my goals and will be able to set new goals for myself.