



Newsletter 138th Edition

February 2025

OUR MISSION

To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.

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### **EDITOR'S NOTE** – by Elaine Skaggs

Oh my, what a January we've had! I don't know about you, but my bones and muscles don't move very well for me in single digit temperatures, or with wind chill figures in the sub-zero range! Staying warm and cozy inside my home is where I want to be, and was for 10 days straight. Walking on snow and ice is hard enough with 2 working legs, but trying to maneuver on metal is downright dangerous. I love looking at the snow, but from my dining room window it is much more comfortable. I'm hoping everyone was able to stay safe and upright. Unfortunately, we decided to cancel the restaurant outing because of the weather, as well as the regular Indiana meeting last month, but it was probably a smart decision giving the possibility of refreezing on the roads. Our next restaurant outing will be held in April, more news to come on the date and location. We were able to hold our regular monthly meeting in Louisville, and it was a great success! Our topic for the meeting was Skin Issues, focusing on how to keep moisturized during the winter weather. We also watched a video about Jessica Cox, the first lady to obtain a pilot's license without arms. What an inspiration, if you have the opportunity, catch one of her many videos on YouTube.

In last month's newsletter we focused on the difference between making resolutions and setting goals. This month be sure to read the article about staying motivated to reach your goals.

Speaking of goals, if you have a desire to get more involved with the group by serving on the board, please contact one of the current officers to put your name in the hat. This year we will be electing two co-Presidents, two Secretaries (one for Louisville and one for Indiana), one Treasurer, and two Members-at-Large. Remember, this is YOUR group, what better way to serve your fellow amputees!

## UPCOMING EVENTS

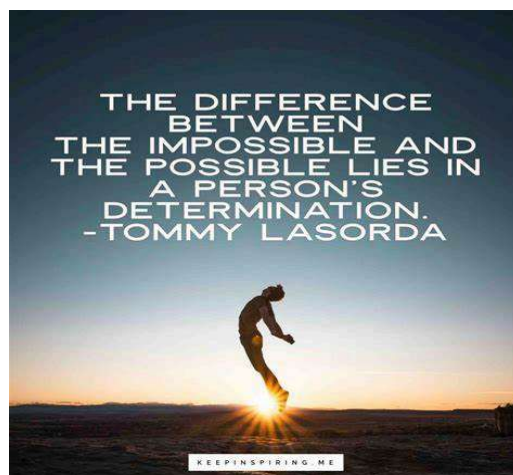
**MONDAY February 17, 6:00pm - 7:30pm** The first IN meeting of 2025 will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right.

**SATURDAY February 22, 2:00pm - 4:00pm** Louisville meeting at Baptist Health Rehabilitation Hospital, 11800 Bluegrass Parkway, Louisville, KY 40299, in the Day Room. We will post our Moving Forward signs for you to follow. Please note that this is our new meeting location for the Louisville meetings.

**SATURDAY March 8, 5:00pm - 8:00pm** We will have our annual Chili Cook-off at St Lukes Catholic Church, 4211 Jim Hawkins Drive, Louisville, KY 40229. Bring your best pot of chili, or a dessert to share. There will be prizes for the best chili, a trivia contest, and raffles. The cost to attend is \$10.00, and proceeds will go to Paddy Rossbach Amputee Kids Camp. Put on your favorite team's swag and come out and join us for a great time!!

**SATURDAY March 22, 2:00pm - 4:00pm** Louisville meeting at Baptist Health Rehab Hospital, 111800 Bluegrass Parkway, Louisville, KY 40299. We will be having our annual business meeting and election of officers at the end of the regular meeting.

NOTE: We are planning to have a yard sale the first weekend in June to raise funds for the group. We'll let you know when all the details get finalized, but in the meantime, if you have items you would like to donate, or you would like to volunteer to help, contact one of the board members. We're working on getting a place to store donated items. The sale will take place at my (Elaine's) home, during a neighborhood sale. Details will be forthcoming, so get those treasures rounded up!



# **How to Motivate Yourself Every Day, 23 Easy Tips**

By Jennifer Kropf

Some days it's easy to motivate yourself to do the right things. You hop out of bed and take the day by storm. Other days ... You'd do anything to crawl back into your covers, roll up into a ball, and try again tomorrow. And with the craziness of our world sometimes, the second scenario is likely playing out more often. For me, I recently noticed a lack of motivation ...

I need to get up early – Eh, what's the point?

I should eat a healthy lunch – Why bother?

I want to work on a new helpful blog post – I just don't feel like it.

But then I realized I was letting external forces dictate how I lived my life. My excuses had gained way too much power as they occasionally do. So, I took a deep breath, and got back into my routines. Renewed the commitment. And refueled my inspiration.

Certainly, motivation is an up and down journey, for all of us. But there are proven tricks to motivate yourself and keep the spark burning when a blazing fire is hard to come by.

## **How to Get & Stay Motivated Everyday**

1. START - Just do it. It's Nike's slogan for a reason. If you give yourself a few extra seconds, you come up with dozens of seemingly logical excuses. So, move towards action BEFORE your brain has time to conspire against you. And start small, even if it's the tiniest thing you can think of. Tie your shoes. Write a sentence. Read one paragraph. Simply TAKE ACTION. Then, repeat. These small wins will build the momentum you need to make monumental strides in the long run.

## **2. Get Inspiring Input**

Don't let a day go by without inspiring yourself in some fashion. Often, when we feel low it's because we're receiving too much of the WRONG input. Instead, find motivation material to hit the ground running and gain perspective on the big picture. Are you motivating yourself with any of these?

Motivational quotes

The people in your life and on social media

Books

Podcasts

Your own vision board

Church or spiritual pursuits

Music: What music moves you?

## **3. Set Small Goals**

Dave Ramsey's debt payment model is massively successful because he uses a very simple principle, Momentum Building. In his debt snowball strategy, he advises you to pay the

smallest debts first regardless of the interest rate, therefore building a “snowball” towards your bigger ones. We can all utilize this principle! Set small goals that lead to your bigger, more audacious goals. Want to run a 10K? Start with one mile, then two, and before you know it, six will be easy! As you hit those smaller targets, you’ll motivate yourself to keep going.

#### **4. Measure your Progress**

The feeling of progress brings us incredible drive. So, take measurements, write down Xs in a calendar, or do something else that marks the hard work you’re putting in and the results you’re slowly seeing.

#### **5. Start a Gratitude Journal**

It’s hard to motivate yourself if you’re in a negative place. So, practice finding the good on a regular basis, both with your surroundings and the progress you’ve made.

A gratitude journal like the five-minute journal is a great way to record the blessings in your day.

#### **6. Try Positive Affirmations**

I am strong. I am productive. I am prosperous. Need a little initiative? Remind yourself of how awesome you are.

#### **7. Play Energy Inducing Music**

According to the research in Temptation, we procrastinate the most when we’re in a bad mood. While gratitude (#5) helps tremendously, a little dancing music does the trick to get out of that funk as well!

#### **8. Don’t Break the Chain**

Motivation is not constant. It ebbs and flows and most often HABIT is what we truly fall back on. Our daily systems MATTER enormously. So, set a rule that you never miss more than a day at a time. Be kind to yourself and take a day off if you need to. But then jump right back on to continue building your momentum.

#### **9. Reduce Distractions**

Often, we seek meaningless activities as an escape route when things get hard. Let’s check Instagram instead of doing those push-ups. Or watch a show instead of working on that meaningful project. So, how can we make distractions less harmful? Try one of these:

- +Periodically delete your most distracting apps.
- +Put the remote in a separate room.
- +Try a digital detox
- +Put a timer on your router to go off at a certain time of night.

There are countless, small, one time actions that add YEARS of motivation and productivity in the long run.

## **10. Utilize Your Routines**

Think about what gets you fired up. How do you BEST motivate yourself now? A picture of someone where you want to be? A few good jumping jacks? The Rock? Whatever it is, can you incorporate it into your daily routines? A motivating quote you see in the home office, or a fiery affirmation while you shower can make the difference in how you go about the rest of your day.

## **11. Compare Only Yourself**

Our technological world makes it too easy to compare ourselves to others. And often, we don't realize we're doing it. Yet, comparing yourself to others is a fast track to sabotaging your motivation. "That person looks amazing, so maybe I should just give up," you say to yourself unaware. So, be very cautious about what you look at on social media. Take a step back from anything that provokes comparison, and be sure that you're only around those that make you feel good.

## **12. Get Accountability**

Truly, my habits and motivation have changed DRAMATICALLY since I unleashed the power of peer pressure. I began with a weekly accountability partner which led to a group and the SPAR! app. All this eventually led to our free commitment contract. And I've never before accomplished so much towards my health, happiness, and impact.

## **13. Remember Your WHY**

When the excuses set in, it's hard to remember what the point actually is. But it's important to live life by design, not by default. So, battle this fatigue by writing down your goals and creating a vision board to see daily. It's difficult for the excuses to win when you look at this kind of targeted motivation. \*If your goals and vision board don't completely fire you up, begin again and go deeper into what you want.

## **14. Reflect on the Outcomes**

Additionally, to motivate yourself quickly, reflect on what you want your life to look like in 5 years. Where will you be if you don't change? Then, if you do change? Really see and feel the different scenarios to make it real.

## **15. Organize**

We have a clearer and more determined mind if we're not battling mountains of clutter. So, simplify your surroundings for an easier time reaching your goals.

## **16. Prioritize**

Often we lose motivation because there's just too much. Too much going on. Too much to accomplish. Too much stimulation. It's overwhelming and we don't know where to start. So, we sit paralyzed instead. Start with, what's the most impactful thing you can do to move forward?

Then choose two more. Get those three things done and let go of the rest. Or perhaps you need a not-to-do list?!

## **17. Rest When Needed**

Lasting results can't take place without periods of relaxation. Burnout runs rampant in our culture because we fail to see how CRITICAL rest and self-care are. Rest is not optional. So, if you're feeling down and out about your goals, PLAN to rest for a short period and come back inspired. It will be worth it.

## **18. Celebrate Your Wins**

Every small win is a triumphant point in the journey. It deserves to be celebrated! So, give yourself a mental pat on the back or use small non food rewards to stay motivated. Those who take a moment to notice their forward progress, tend to make it farther.

## **19. Change Your Physiology**

Stuck in a motivation rut? Can't seem to get it together? Do something different! If only for a moment. Stop what you're doing and exercise for ten minutes, meditate for two, or go outside and watch a bird. Get out of your head and change your state of being.

## **20. Journal For Better Awareness**

Next, become more aware, then learn and adjust. It's the basis for a life well-lived. Of course, journaling is an unmatched tool for better awareness. Feeling low on a particular day? Write about it. How do you feel? What do you think is causing it?

## **21. Mix It Up**

The other day, I got halfway through my workout and WAS NOT feeling it. I was lethargic and badly wanted to crawl back into my warm bed. So, I decided to do some sprints in my backyard instead. I changed mid-workout and had no real structure. It turned out that it was BEAUTIFUL outside. As a result, I was unusually fired up by the time I was done. In short, consider a change of routine, scenery, or time when you need a boost.

## **22. Schedule It In**

Good planning is essential for showing up even when motivation feels elusive. So, map your weeks out ahead of time – Sundays are a great time for this. Decide what's important for you to get done, and when exactly you will do it. Then, go a step further and set your clothes out, get your coffee ready to go, and do whatever else you need to in order to make forward progress easy.

## **23. Realize That You're Going to Fail**

Even in the most successful environments, we fail, which is a good thing! "Failure is just growth in wolf's clothing." – Robin Sharma

If you're taking risks, failing is crucial to growth. Instead of getting discouraged, be ready for it. Anticipate that there will be trials and see it for what it is: part of the incredible journey. So, bring it on, life.

Finally, remember that we are all unique. Different things motivate different people. So, experiment with what works best for you. Furthermore, we will never ALWAYS be motivated. So, use these tips to keep stoking your fire, but also build the routines and habits you need when you encounter a pothole in the road. They are ALL essential for success.

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## SUPERBOWL TACO DIP

### Ingredients

|                                |                                        |
|--------------------------------|----------------------------------------|
| 8 ounces sour cream            | 1 (1 1/4 ounce) package taco seasoning |
| shredded lettuce               | tomatoes, chopped                      |
| finely shredded cheddar cheese | chopped scallion                       |
| diced black olives             | 1 chopped avocado                      |
| 4 ounces diced green chilies   |                                        |

### Directions

Soften cream cheese and whip with sour cream with mixer until smooth. Mix in taco seasoning.

Spread onto shallow platter and chill. This step can be done ahead before the event.

When ready to serve, layer the remainder of the ingredients as they are listed above. You can omit or add another favorite.

Serve with tortilla chips or corn chips.





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