

Year of You: A Motivation- From-Within Guide

YOUR WELLNESS ADVENTURES



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The Starting Point

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Where am I headed? Isn't that the question of the century? I often ask myself this, and it is frequently triggered by my feeling that I am living the movie *Groundhog Day*. You've seen it right? That 1993 movie where the main plot is all about reliving the same day over and over again. I often feel like the producers cast that movie wrong, because I should have been the main star. I legitimately feel like today was the same day as yesterday, and the day before that. But then I say to myself, "how can I live my next day differently?" "What do I want to do so that I can get out of this perpetual cycle?"

Now, folks, I know you are dying to know, "Brittany, what is your secret?" Well, I'll keep the secret no more! Let me share some ideas with you to get you out of your *Groundhog Day*, living intentionally, motivated by your intrinsic self, building your processes, and ultimately getting you on the road to your best self.

STEERING THE JOURNEY

From drifting to driving your life.



Some days you may ask yourself, "Who is even driving this thing?", when we often feel so overloaded with the daily tasks ahead, that we are passive observers in our own lives. Sometimes we even wake up and wonder how we got here – because passive living doesn't happen all at once. It can happen quietly through routines that once served us but eventually start running our lives on cruise control.

You wake up, go through the motions, react to your daily demands at home and work, and end the day asking yourself where your energy and the last 24 hours went. Days can blur together, not because life is empty but because you are no longer the one behind the wheel. Passive living is like being a passenger in your own life – present but not in control of the direction. But I am proposing that you take back your power, take back the wheel, and regain your sense of direction, recognizing what power you have and what you can control.



SHIFTING INTO GEAR

Intentional self-leadership is the opposite of drifting. It is the conscious decision to become the author of your choices rather than the actor in a script written by habit and expectations of your circumstances. Self-leadership means that YOU define your values, then make decisions aligned with them. YOU act before you feel like it because your actions are tied to your identity and who you believe yourself to be, rather than actions being tied to your mood. YOU choose habits that support who you want to become, and YOU create momentum instead of waiting for it.

You have the power to manage your energy, not just your schedule. Trust yourself to follow through because your actions are powered by your very own person and have meaning behind them, instead of someone else writing your script and you just playing the role.



THIS SELF-LEADERSHIP IS NOT ABOUT PERFECTION, DISCIPLINE FOR DISCIPLINE'S SAKE, OR FORCING PRODUCTIVITY. IT IS ABOUT LIVING ON PURPOSE.

CHECK YOUR ENGINE

Why it matters in the long haul.

Health goals do not fail because someone didn't want something bad enough; no, that is not it. Health goals can fail because we may passively wait for it to be 'the right time,' or try whatever worked for someone else, or rely on extrinsic motivations. An extrinsic motivation is a psychological drive to perform an activity for external rewards or to avoid punishment. This type of motivation can stem from external factors such as money and praise rather than internal interest or enjoyment. Passive health goals that are based on extrinsic motivation can be fragile and easily disrupted by stress, change, fatigue, or emotions. Now, this is not to say that extrinsic motivation is bad, because it is not. I don't love labeling things good or bad, because all things serve a purpose.

Extrinsic motivation serves a purpose, and perhaps that is what got you to start thinking, start acting, but now that you are – how can you intentionally engage in self-leadership – reconnecting you to your choices, your WHY – the deeper reason that gives meaning to every habit that you take part in. Instead of forcing yourself to change, you LEAD yourself into change.



MINDSET AS THE FIRST MILE

What's playing on your radio?

The way you talk about yourself, to yourself, matters. Start talking like you are the person that you want to become. Build your identity starting with your language. Focus on who you want to become. The identity you give yourself is powerful.

Drifting Language:

- "I hope I can stick with this."
- "I'll start Monday."
- "I just need more willpower."

Steering Language:

- "I design my environment to support my habits."
- "I show up consistently because it is who I am becoming."
- "I don't wait for motivation - I create clarity, structure and purpose."

"YOUR SELF-TALK IS THE CHANNEL OF BEHAVIOR CHANGE." – GINO NORRIS

FINDING FUEL

Making this shift is powerful, but raises an essential question: "Well, where do I want to lead myself to?"

This doesn't necessarily begin with calendars, habits, or routines—my knee-jerk reaction is always to take to the calendar! Although it serves a purpose and is a mighty powerful tool that we most definitely should use, that is not where we want to start. This journey, now that you are in the driver's seat, starts with clarity. That clarity comes from understanding YOUR why: the personal, meaningful reason beneath your goals. Your WHY is both the gas pedal and the fuel for the car on your journey. It is awfully hard to get a car to go without gas (yes, I know there are electric-powered cars, but for the sake of the metaphor, play along).

Most of us want to change our health by focusing on 'the what' to do – eat better, exercise more, and sleep earlier - but 'the what' has no sticking power without a strong enough reason to anchor it. Without our why, every habit feels kind of like it is optional, right? "Ah, that doesn't sound fun right now, so no thanks". With a why, every habit feels connected to a bigger purpose. This is where your journey shifts again—from simply steering your life to steering it with direction. So it isn't just about becoming more intentional—it is about aligning those intentions with what genuinely matters to you.

GAINING MOMENTUM

It is time to ask the question that turns this into a meaningful, motivating force.

Why do you want this? Let's do this using the simplest, non-fluffy approach.

Start with the surface goal.

Ask Yourself – What do I want?

EXAMPLE: I want more energy, I want to feel confident in my body, I want to stop stress-eating.

Ask Yourself – Why does that matter?

Each answer will reveal a deeper layer of meaning for you. Ask why this matters 3-5 times.

EXAMPLE: I want more energy.

Why? *Because I am tired of feeling drained at noon.*

Why does that matter? *Because the day is not even half over, and I am tapped out with my creativity and patience.*

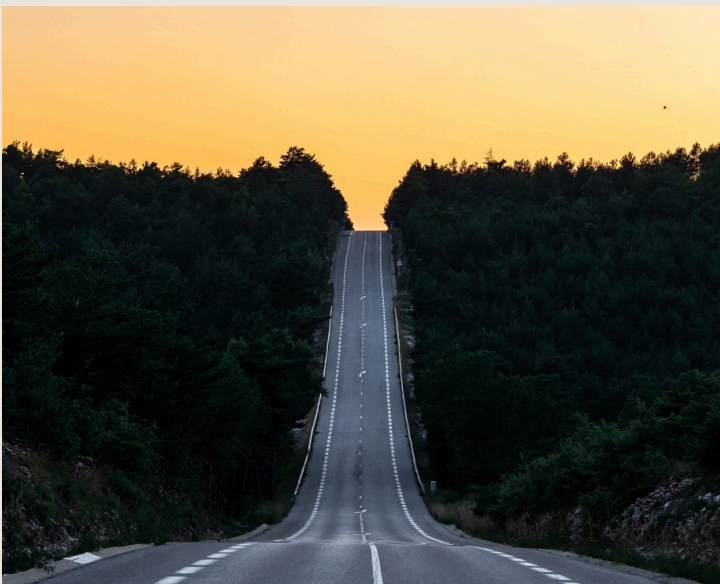
Why does that matter? *Because I want to show up fully for my family/friends/coworkers, and the work I do.*

Why does this matter? *Because being present is one of my core values.*

NOW, the real why emerges:

"I want more energy so that I can be present with the people I love most and the work that fulfills me."

That is the kind of why you won't abandon.



PETAL TO THE METAL

The shift from passive living to intentional self-leadership begins with one decision: choosing to show up for yourself with clarity, purpose, and honesty. When you take the time to identify your why, you give your choices meaning and provide direction for the habits. You start building a strong foundation rooted in who you are and who you want to become.

The great thing is that you don't have to walk this path alone.

The SLCo Employee Wellness Program is here to support you. But the value of this comes from how intentionally you want to use it. Rather than signing up for whatever crosses your inbox (and sometimes that can be a lot), or reacting to the latest challenge, explore the offerings that genuinely align with your why. Look for the workshops, tools, classes, or resources that help you feel more capable and more connected to the version of yourself you're working towards.

Know your why, and revisit it often. Honor your path. Use the Wellness Program as a road-trip partner, as your personal navigator in becoming the you you're ready to become.

TIPS FOR YOUR WELLNESS TRIPS

STRONG WHY

A POWERFUL WHY IS PERSONAL. IT MUST MATTER TO YOU - NOT YOUR DOCTOR, NOT YOUR PARTNER, OR SOCIAL MEDIA FEED. JUST YOU.

A POWERFUL WHY IS EMOTIONAL. IT SHOULD STIR SOMETHING IN THAT HEART OR MIND OF YOURS - SOMETHING LIKE HOPE, PRIDE, MEANING, RELIEF, OR JOY.

A POWERFUL WHY REFLECTS WHO YOU WANT TO BE, NOT JUST WHAT YOU WANT TO DO.

A POWERFUL WHY DOESN'T HAVE AN EXPIRATION DATE. IT DOESN'T CHANGE WITH YOUR SCHEDULE OR MOOD.

Why Mapping

1. Write your health goal at the top of the page.
2. Ask "Why does this matter?"
3. Write the answer underneath that.
4. Ask again, "Why does this matter?"
5. Repeat 3-5 times.
6. Circle the answer that hits emotionally – that is your why.

