

Happy New Year! Each year, people are asked what their new year's resolution is. We all have good intentions of fulfilling our resolutions, but success is not always easy. Did you know that studies show 88% of people end up giving up their resolutions within the first two weeks? Often, the goals we set out for ourselves are not realistic or achievable. Often, the steps we take are too big or too much, too quickly. So, when we fail to meet those steps, we become discouraged, lose our motivation, and feel that there is no room for improvement. This isn't true, however. The best way to achieve goals is to make small, realistic steps and to give yourself grace that you will stumble or have a bad day. The best thing is to take each day one day at a time and do what you can that day to be successful. January 2 is National Motivation and Inspiration Day, so let's look at what these ideas mean and how to maintain them throughout the year.

SMART goals

In November 1981, George T. Doran wrote a paper which outlined a framework for setting meaningful goals. This framework is known as SMART. But what does that mean? A SMART goal is: Specific, measurable, assignable, realistic, and time-related.

Doran noted in his paper that when attention was given to these five areas, the success rate improved. When we utilize this framework, it helps us narrow our goals down into small, easy-to-achieve steps. Small steps that we can complete increase our confidence in the overall goal, even if there are times where we struggle or fail.

If you are someone who makes resolutions with the new year and have struggled with meeting those goals, try using the SMART framework. It may help you find that if we take them bit by bit, we can be successful with whatever we put our minds to, which in turn increases our self-confidence.

Motivation

Motivation is necessary for success because it drives our behavior and gives meaning to our actions. Without motivation, we lose interest, avoid doing things, and can even self-sabotage. There are times when low motivation is normal as seen in grief, big life changes, or agreeing to do something you don't really want to. Low motivation becomes a negative factor in our lives when it jeopardizes our daily living. So how can you improve or maintain your motivation?

The best way is to look at why you want to achieve your goal. Extrinsic motivation comes from outside of yourself—other people, rewards, money, notoriety, etc. Intrinsic motivation comes from within—personal enjoyment, curiosity, self-worth, a challenge for yourself, etc. Extrinsic and intrinsic motivation are both valuable—one is not better than the other. It is important to know why you want to do something, because if the outcome you receive does not match what you expected, it can lead to feelings of disappointment, unfulfillment, or frustration.

What can I do?

Your level of motivation is not finite or limited—feeling low or no motivation at times is normal. Motivation is hard to maintain over time, and it is important to know there will be times where it fluctuates. This is your body's way of giving you a "wake up call"—whether it is to make better decisions, to identify why we are doing something, or to take time to address other feelings that are present. It is important for us to experience discomfort, because life is not always easy or comfortable.

Discomfort gives us the chance to grow and expand our lives so we can learn and show ourselves that we can be successful when things get tough. When you have a strong foundation in what you want and why, this allows you to address feelings of discomfort, find new ways to work towards your goal, refocus your attention, and stay on the path towards success. When your goal is something that requires you to wait for or don't have a clear time frame (like a transplant), it is important to find goals that will provide you with the confidence and hope that ultimately you will achieve the goal you have in mind.

ADDITIONAL INFORMATION

This section of our monthly newsletter will focus on support and resources offered both by the Organ Transplant Center and throughout the nation. Please utilize these as you need them and reach out with any questions.

Kidney and pancreas line: 319-356-1136

Heart line: 319-356-1028

Liver line: 319-356-1137

Lung line: 319-356-2016

Medicare and Transplant

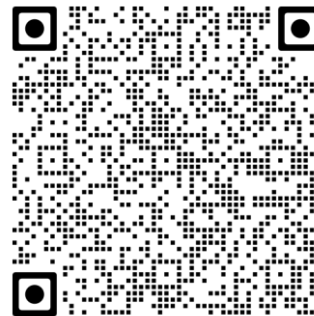
Medicare eligibility is based on age, disability, having end-stage kidney failure, or receiving a kidney transplant. No other organ transplant or need for organ transplant qualifies one for Medicare. There is a 1-year enrollment window for Medicare from date of kidney transplant. Delaying enrollment can increase chances of higher out-of-pocket expenses for anti-rejection medication. Medicare Advantage plans cover anti-rejection medications, and out-of-pocket expenses are subject to plan.

* For further questions or coverage changes, please contact the Organ Transplant Center Financial Counselors.

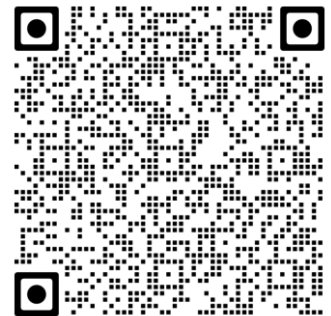
Video Resources

The Organ Transplant Center has put together videos to better explain the transplant evaluation process and provide additional patient education. Please scan the QR codes below to access these videos.

Kidney



Liver



Organ Transplant Support Group

The Organ Transplant Center hosts a hybrid support group every other month—in-person and by Zoom. Each group is focused on a specific topic with speakers followed by time for discussion. If you have any questions, please contact 319-467-8385.

Location:

Iowa Donor Network
550 Madison Avenue
North Liberty, IA 52317

Date:

February 13, 2025

Speaker: UI Health

Care physical therapist

Zoom Information:

Meeting ID: 992 7107 7496

Passcode: 967123

Additional Resources

Social Security Disability

- [Adult Disability Starter Kit](#)
- [SSI Child Disability Starter Kit](#)

National Living Donor Assistance Center (NLDAC): [How to Apply](#)

Iowa Anatomical Gift Fund: [Application](#)

Iowa Donor Network / Writing Your Donor Family:

<https://www.iowadonornetwork.org/transplant-recipients/writing-your-donor-family>

University of Iowa Telepsychology Training Clinic offers free, short-term counseling to lowans with limited access to mental health care.

- [Click here](#) to see if you qualify