

# How to Maintain Your New Year's Resolution

KATIE IVERSON: I'm Katie Iverson. I'm a personal trainer at the rec. All right, so I'm going to go through my introduction like super, super fast. So a little about me, I'm ACSM-certified personal trainer. I work at the WSU Rec Center.

You can see the screen. You can see all the certifications and stuff that I have. It's not super important for this. I almost have my bachelor's in kinesiology. And I have my minor in psychology.

So I work with sport clubs, small groups. I do group fitness, one-on-one with clients. I specialize in clients with medical conditions, people that recover from injuries but are new to fitness, or all of the above, combinations of all those things. Probably the most unique and my important thing about this is that I have firsthand experience with going from maybe not necessarily hating fitness but just not having it be a regular part of my life and grow up being just really exposed to healthy eating and exercise. And now it's a huge part of my life.

It's literally my job. It's my major. So I feel like that helps me understand where people are coming from and those struggles you go through when you're trying to make behavior changes a part of your life.

All right, so there are six dimensions of well-being. I think of health as just being that physical aspect. So if you have a cold or something like that, you're like, I don't feel really healthy. There are a lot of other aspects to well-being beyond that. And that's what we're going to go over.

So there's a cool little acronym called PIEESS with two E's and two S's, so it's pretty easy to remember. And that first one, that P, is the Physical aspects. So like I said, whether you're sleeping enough, if you have a cold, or you're sick. Which, by the way, if my voice ever sounds funny or I cough, I am also getting over being sick slash still kind of sick. So bear with me.

Anyway, that's that physical side of things. Then we have the Intellectual. So that's your brain health. Not so much like the physical health of your brain, but just the actual cognitive, like your thinking aspect of it, so that learning-- it's like learning new skills, whether it's in school or you're reading news articles, anything like that, anything just get new information in your brain.

Then you have that Emotional aspect. So this is being able to express and share your emotions in a healthy way. But then also, it's having people share their emotions with you in a healthy way. So there's that.

The second E is Environmental. So this could be that literal sense of the environment. It's like, do you have clean water, clean air to breathe? How cold is it outside? And all of those of us that are in Pullman or other parts of the country, it's ridiculously cold right now.

And then there's also other parts of the environment, so what your home life is like. Do you like your roommates or not? And that can also affect those other aspects of your well-being as well.

Then you have that Social aspect. So this one's probably pretty easy to understand, so like socializing with your friends, your family, just any of that communication aspect of well-being. And last, you have that Spiritual aspect, so that religious, or it may not be religious-- just that connection with your spirituality.

And the major takeaway with this is that all six of these dimensions need to be balanced in order to achieve full well-being or wellness. And if any of these are out of balance, it can start to affect the other areas. So you may not feel completely well as a result of that.

So if you don't have any New Year's resolutions or goals yet, keep those six aspects in mind when you create goals. Yeah, anyway, so next, we'll get on to goal setting. So ACE has this really great acronym to kind of help you go through and refine your goals to make a plan of how to actually achieve them called SMART Goals.

So that S is going to stand for Specific. And being a personal trainer, I get, oftentimes, pretty vague goals, which is totally fine to start with. Maybe being like, all right, I just want to get fit and then kind of narrowing it down from there. So I don't think that if your goals are maybe a little bit more vague that it's a bad thing. You just need to narrow it down further. So for example, with specific, if getting fit is one of your goals, one way to make that more specific is you may want to say, I want to meet ACSM guidelines for at least 150 minutes of cardio per week.

And I'm going to be going through these kind of fast since we're a little behind schedule. So sorry if I'm talking super fast.

So Measurable, so you want to have a way to actually see how you're measuring that progress. So maybe you're like, I want to be able to lift more weights. So you're like focusing on strength training maybe. You want have a way to actually measure to see if you've actually met that goal. So one way you might measure that is saying like, I want to be able to do a push up.

That A is going to stand for Attainable. So to determine whether or not your goal is attainable, this is where you might want to get help from maybe a professional in the field that your goal is in. So if it's a fitness goal, you might want a personal trainer's help. If it's like a nutritional goal, maybe you want a dietitian. Maybe if it's like a mental health goal, you might want a therapist.

So it might be kind of hard to know if your goal's attainable if you don't understand the science behind that. So for example, on my fitness and health side, you're like, I want to lose 30 pounds in a month. And that's not exactly a safe and healthy way to lose weight. So a more attainable goal that would be healthy would be, I want to lose about one or two pounds per week.

And then Relevant-- so you want your goal to be relevant as far as it being important to you but also important to that big picture goal. So if you're like, I want to get fit, you may not want to part of that goal being playing the piano. That's a really random example but kind of shows they're not really relevantly related.

And then Time-bound-- so you want to have enough time to complete the goal, but you don't want to have too much time that you're not really like getting enough results. And you can have short and long term goals. And those short term goals can help lead up to accomplishing that long term goal. And it's totally fine to have a bunch of maybe other short term goals that really don't have to do with some big picture goal. But if you had a really large goal to accomplish, that would be a really good way to track your progress along the way to have shorter goals like monthly, weekly, that help you stay on track.

ANDRIA DONNENWERTH: So Katie, someone says they're confused on intellectual achievements.

KATIE IVERSON: Oh, sure. Could I have maybe some way to clarify where we're confused?

ANDRIA DONNENWERTH: Can you clarify where you're confused?

KATIE IVERSON: Just watching the screen for it typing.

ANDRIA DONNENWERTH: Maybe you can guess.

KATIE IVERSON: All right, I'll just maybe explain it in a little bit of a different way, and hopefully that'll cover the basis. So intellectual health is like that learning aspect. Another way you could think of it is just in general learning. I don't know if that makes sense or if that helps. How can you achieve--

ANDRIA DONNENWERTH: Intellectual healthy.

KATIE IVERSON: Oh, I see. So yeah, just kind of constantly learning, there's not a wrong way or a right way. So I just would say continually trying to expose your brain to new information. I mean, there's a lot of different things you could learn. It's a little hard for me to say without knowing your background and what you already know.

So I know for me, I'm like a fitness nerd. I really like learning about fitness stuff. So beyond even just my schoolwork, a lot of times, I like to read books or read articles that have to do with that. But then I also like to learn about things are a little outside of that scope.

So I'm also interested in neuroscience type stuff. And so my roommate is actually studying brain neuroscience-y kind of stuff. So I'm always bugging her about how brain-related questions. So that actually helps both of our intellectual health, because it's giving her a chance to brush up

on and see maybe where she needs more work to study on her stuff. But then it's also teaching me things that are new. So hopefully that helps. Yeah?

ANDRIA DONNENWERTH: Yeah.

KATIE IVERSON: Cool, all right. We'll see. Let me know if you have more questions.

All right, so now that we've went over the different aspects of well-being and we went over some goal setting techniques, now we're going to go over behavior change. So the first step of this is identifying which stage of behavior change you're in. So there are several different behavior change theories that have their own different sets of stages.

So this particular we're going to go over has five stages. The first one's pre-contemplation, which none of you are probably in, because that would involve being unaware that you need to change. Or you tried before you gave up. And you're all at a webinar trying to plan your New Year's resolutions, so you're probably not unaware of having a desire to change.

So then contemplation is just a step above that. You're recognizing. You're like, OK, I feel like something needs to change or that you have something that you want to change. But you're maybe not sure how to do it. You don't really have a plan yet. You're just recognizing that need.

So the next is that preparation. This is where you're starting to plan, just starting the plan, but you don't actually have that plan in place yet. And you're not taking any action towards that goal.

So next is your actual action stage. This is where you have that plan. You're starting to work on it, and you're trying to make that new behavior a permanent part of your life.

And the next is the maintenance stage. So you continue that action. And just know that whenever you're in maintenance stage, there's always a potential for relapse. So there's also sometimes this theory's also with a sixth stage. And we put the five, because that's what I see most common is just these five.

So another part of motivation is social determination theory. So you're maybe wondering, how do you know how to move yourself through all those stages? And this will help make sense of that.

So two different types of motivation, there's intrinsic and extrinsic. First one we're going to go over are the intrinsic factors. So if you are intrinsically motivated to do something, you're doing it purely for the activity itself. It's fun. It's enjoyable. It makes you feel competent and satisfied. There's nothing else that's pushing you to do it. You just do that activity because you like it. It's fun.

So another part, so there's intrinsic motivation. And there's three subtypes of intrinsic. The first one that is 100% truly intrinsic is also called intrinsic. Then the next two are kind of like it's a continuum. This would make more sense if we had all five of them. But the next one that's still intrinsically motivated but a little less so, it's going to be called integrated. So you're motivated to do something because it's part of your identity. So for example, fitness, I'm just going to use fitness as an example for this whole thing.

So I really like to lift. Specifically Olympic lifting is one of my favorites. I do it because it's fun. It's enjoyable. There's not really anybody that's telling me I have to do it.

Fitness in general though, another thing that's motivating me to do it is I feel like it's part of my identity. So I identify with being a personal trainer, with a kinesiology major. with a. So I guess I'd almost feel a little bit hypocritical if I didn't exercise, and I didn't partake in those exercise activities. So that's just another area of motivation.

And then last, identified-- now, try not to get these mixed up with integrated, since integrated is part of identity. And identified is not. It can be confusing.

So identified is what your values are. But it's the outcome of the activity. So an example of this, if you want to go with fitness, is that some people will maybe exercise because maybe they like to lift weights because they like getting stronger. So if that is their number one main reason for exercising or for lifting weights, they would have a more identified motivation.

So next, we'll get on to-- but kind of to summarize these three, it's like these are your I want to's. So you're motivated to do the activity because you just want to do it. So next, we'll get onto the extrinsic factors.

So the first one is going to be introjected. So this could be pressure from yourself or others. So if it's pressure from yourself, it could be like maybe-- I don't want to say this made up. But maybe you think people are going to look down on you if you don't do the activity.

So for example, maybe you have a roommate or someone that's super into cooking and healthy eating. So maybe you're motivated to eat healthier because you feel like your roommate might judge you. So that would be a more extrinsic motivation. That's introjected.

And last, external-- so this would be the most extrinsic that you can get. And I kind of wish I put a graphic on here. But it's probably going to be backwards for all of you because you're looking in a camera. But external would be over here, and then intrinsic's here.

So if you're externally motivated, that's 100% extrinsic. You'd be more just feeling forced. Like you don't want to do it at all, which is why that extrinsic side is like the I have to's. You just really don't have anything motivating other than, for example, like maybe if you don't like your job at all, you go because you know you need to make money. That may be an external because you feel forced. And you're just going for that paycheck or something.

So now, what to do with all that information? You might be asking, well, which type is best for behavior change? So the more extrinsic motivation you have, the better. However, extrinsic motivation can be good for initiating behavior change. But it's not so good for maintaining that behavior change.

OK, it's totally fine to have a little bit of both. And even for like the same activity, you may from day to day have a mix of both and fluctuate of which one dominates. You just want to have the majority of your motivation be from that intrinsic side.

So then another question you might have is like, well, if I feel more extrinsically motivated, well, how do I shift my thinking so that I'm actually more intrinsically? How do I go from like, ugh, I feel like I have to, to now I feel like I want to?

So that's where we're going to get into next. So there are three areas that you need to increase or have a good sense of, a good feeling of, to feel more intrinsically motivated. And the first one's going to be autonomy. So you need to feel like you have choices.

So if you feel controlled, you're likely to not feel like you're very autonomous. And you want to be careful with this, because you also don't want to have too little structure. Because if you don't have enough structure-- so remember, think of those SMART goals that we talked about earlier. Not enough structure, you won't have the tools to actually make your goal on time. So you want to give yourself options and ways to just feel like you're in control.

Also an example of this, using a fitness example, maybe you're like, OK, I want to strength train twice a week. So a way to give yourself autonomy within that is maybe you say, OK, I'm going to plan to go Monday, Wednesday. But maybe something happens.

You get busy. You have an exam. You get sick or something. So you're like, OK, well, I'm to go Tuesday, Thursday instead, something like that. So you just gave yourself a choice, but you still stuck to that structure of two days a week.

So incompetence-- so you also want to make sure that you feel competent. And pretty much the theme for this is that if you follow SMART goals, you're most likely going to be increasing all these aspects we're talking about. But with competence, you want to make sure that you're using positive self-talk. So expect trial and error.

I want to be careful in not saying expect failure. I don't really like saying fail because that just has such a negative connotation to it. It just sounds bad.

Trial and error, you're probably going to have to try different things with your motivation, with your goal programs. And that's totally fine. Another way you can increase your competence is maybe getting help, like I said earlier, from some kind of a professional idea, whether that be like a dietitian, a personal trainer, or a therapist. So depending on whatever your goals are, that

can really help, because they can give you those guidance, that tools, on how to break your goal down into manageable steps.

And then relatedness-- so this can be feeling related with your coach or whoever that professional is that's helping you achieve your goal. It can be related to your family, a friend, that social circle around you. So there's a general feeling like you just feel related to your social circle.

All right, so then some barriers to motivation, they're essentially going to be the opposite to everything we just talked about. So if you feel really controlled to the point where the activity is not fun, that's going to shift that motivation more from intrinsic taking it to that extrinsic side. Lack of social support, that's a really big one. So if the people that you feel are most close to you don't really support your behavior change, that's going to make it a lot more difficult to actually keep up with it.

And a perceived lack of time-- so the reason I put "perceived" is sometimes maybe we just need to kind of adjust that like T with the SMART goal to be able to make time for our goal. So you may think that you don't have enough time for the goal-- and maybe you don't have enough time at that moment to do your goal in the exact amount of time that you want to-- but you can still make progress with what you have, if that makes sense.

So then lack of energy, this is probably a really big one too. And it's going to make achieving goals really difficult. And staying in balance with those six dimensions of well-being that we talked about, that's going to help, hopefully, with that lack of energy-- so making sure that you're sleeping enough, that you're eating well, exercising, all of those different things, seeking professional help when you need it to maybe figure out why there's an imbalance with why you don't have energy.

And then giving up after failure, we talked about this a little bit in the last slide. I'm going to go into it a little bit more. So I want to reframe failing and say more trial and error. So using positive self-talk is huge, and it's going to be a very big key to your success.

So an example I use-- and this might be a little bit of a dramatic example, but I just want it to be really obvious in how I'm using this. So let's say you're signed up for a group fitness class that meets twice a week. And for whatever reason, you missed your class twice that week.

So you missed the class that whole week. And you're like, dang, maybe I should just drop out. Obviously, I don't have time for this.

Instead of thinking that, you're like, OK, I've been going to every class for most of the classes for the last four weeks. Think about it what changed about that week. Were you sick? Maybe you needed that time to rest so you can feel energized and ready to go for the next week.

So anytime that you feel or you're noticing that you're not meeting those goals, that's when you have that personal trainer, dietitian, or whatever, you want to reach out to them and be like, hey, look, I just feel like something's not working. And they can help you problem solve and talk through what else might be going on in your life that's making it hard for you to accomplish those goals. And if you're not seeking that professional help and you're doing this more on your own, you can have this positive self talk of just trying to frame things in more of a question, not attacking yourself.

You definitely don't want to do that. Never attack yourself. Always keep it positive. Just talk to yourself, which it feel kind of weird at first. I know when I first started doing this, you might feel a little bit weird. But it definitely just changes your whole outlook, and you feel a lot better instead of-- kind of like that first example, that would make you feel pretty like, well, psh, at the end of the day. But the second one, you might be more like, yeah, all right, cool. I got this. And then you're like back on that fitness train?

All right, so kind of like a summary and some other helpful tips, these are things that I just thought of that didn't really fit to have their own slides. So I threw them at the end, essentially. So again, SMART goals, huge, super important, identifying what stage of change you are in is also going to be helpful in knowing how to fuel your motivation, identifying your social support network-- so you really want to know who is going to help you with your goals and your social support. You don't just totally have to like-- maybe if getting more fit is your physical, being part of your support network doesn't necessarily have to mean they're going to the gym with you and stuff.

But maybe they're asking you like, hey, how are your fitness goals going? And they're curious, and they're just happy for you to hear your goals. So those people that aren't negative about your goals at all, that's mostly what that means.

So then determining if you need professional help with your goals, I know sometimes we don't always have the money to afford a personal trainer or things like that. So just trying to determine if you really need it or not and what you can do on your own. And then make the activity fun. This is probably kind of underrated, but it's a huge, huge important thing.

It's like you want to really choose something that's fun. So again, going back to fitness, you want to-- so ACSM, the American College of Sports Medicine, has certain guidelines for how much strength training you should do a week, how much aerobic activity, you should do a week. And hitting all of those in a week was great. That's definitely a goal you should work up towards.

But maybe if you're just first starting out, like you don't work out like at all, and let's say you absolutely hate strength training, you probably don't want to just go right into lifting weights at the gym. That may be more discouraging. And then you may associate exercise with that kind of like, oh, god, this sucks. So try something that's fun, just anything that's like remotely close to your goals, as long as it's something you like. And that's something where having a personal

trainer because-- I do this a lot with clients is asking them what have you done in the past that's fun.

What did you like? And trying to tailor as much as I can of what they've done before and what they like with what their goals are and what those ACSM guidelines are to try to mash all those as close together as I can. But yeah, definitely make the activity fun. And if it's not fun, try something else.

You can frame it and try to think of it as being more fun. Or you may need to try a completely different activity. And that's OK too.

And then really immerse yourself in the activity. So there's a lot of philosophy behind this one. So read about it. Maybe follow some inspirational people that you really like on social media if that's your thing. And just really get to know the activity of whatever goal you're trying to achieve.

And then don't focus on how long it takes you to achieve it. Focus on what you gain along the way. So you've probably heard quotes like, it's not about where you get, it's about the journey or something.

ANDRIA DONNENWERTH: It's not the destination, it's the journey.

KATIE IVERSON: [INAUDIBLE] something like that. So yeah, but that's definitely pretty true. That's something I think about a lot. So you're really focusing on like-- it goes back to those dimensions of well-being. You're thinking about what you're learning, all these things that you're gaining along the way, not just how long it's taking you to get to that goal.

And then also don't do too much too soon. So this is, I would say, pretty relevant with fitness. So I've had clients that have come to me. And I really appreciate them being really gung ho about being like, all right, I'm going to go to the gym three days a week. And I'm going to do this and that and all this tons of stuff. And maybe they haven't really done much to begin with.

And what's problematic about that-- and if you're kind of wondering like, how can you do too much fitness too soon? That doesn't make sense. Where that can be problematic is your body needs time to adapt to all the physiological things that are happening when you start a new exercise program. And overtraining is definitely a thing, for one.

But if you get too many things going on at once, that can also get mentally stressful as well as physically stressful. And when that happens, you may start doing less and less and less until that's where I've also had a lot of clients say that they have problems with their motivation. Where they start out doing a ton, and then they just slowly trickle off. So the biggest piece of advice I give people that usually have that issue is, get used to maybe going to the gym like once a week or find something that you truly really enjoy, something that makes you feel intrinsically motivated as possible first.

And then especially once you feel to the point where you're like, ah, man, OK, I'm just off work, going to the gym. Once you feel that shift to like, all right, cool, I'm going to go to the gym now, that's when you want to start actually adding on more activity. Because you really want to get that fun aspect. And if I had to pick a couple of things for you to take away, if you maybe kind of forgot everything else, definitely not doing too much at once and making your goal fun to achieve and the positive self-talk, those are some of the most important things. Great, cool.

ANDRIA DONNENWERTH: Yeah, I think those important things can go with anything, not just fitness.

KATIE IVERSON: Right, exactly.

ANDRIA DONNENWERTH: Yeah, you don't want to do anything that's not fun.

KATIE IVERSON: Yeah.

ANDRIA DONNENWERTH: [LAUGHS] So does anyone have any questions?

KATIE IVERSON: And also, if you have goals that you want to share, we could try to go over doing the SMART goal thing.

ANDRIA DONNENWERTH: What are some of the goals in the room? Does anyone want to share some of the goals that they have? Studying, yeah, that's a-- one of the fun tips I learned, they were doing a tour here on the Pullman campus. And I heard someone say, pick a spot that has nothing to do with anything else.

Not the kitchen table, because you eat there, not your bed, because you sleep there, not in front of the TV-- pick a room, whether it's in your house or in the library. And that is your study area. So whenever you enter that area, your brain and your body is like, oh, it's study time. So I don't know. Do you have any tips for helping studying goals?

KATIE IVERSON: Yeah, studying's a really hard one just because everybody's learning styles and stuff like that are different. So for me, I can't study somewhere that's absolutely silent. So I'm more of like a coffee shop person or something that's just-- I've got to have things going on.

I definitely agree with the not the kitchen or in bed thing, because-- I forgot which one of my classes I learned that in. But especially, if you study in your room or in your bed, it could make it harder to fall asleep. Because you kind of associate the bed with sleep. And so I actually stopped studying in my room.

And it started being a lot easier for me to fall asleep. And then when I studied in more of an office like space or just somewhere that wasn't my bedroom, when I was in that space, I felt a lot more energized. Because I used to get in my room, I'm all comfortable. I'd start studying.

And I'm like, wow, I'm tired. So yeah, other than that, studying-- my tips are probably going to be better suited for fitness stuff, unfortunately.

ANDRIA DONNENWERTH: Yeah, but making studying fun too-- someone just told me recently that you were saying roommate kind of tells you the things she's learned, and it teaches you. But I was told that when you teach someone something that helps you re-learn it as well. So when you're studying for a test, if you're studying on the cells of the body, so you just pick your roommate or pick your child, whoever, and say, hey, let me tell you about these cells. And then you're explaining it. And so that kind of sets it into your brain, and then you kind of learn it as well.

KATIE IVERSON: Yeah, so another thing I like to use is like if your professors don't give you study guides, make what they say in lecture into test questions. That's something that's really helpful for me. And also doing things like this webinar, for me, since I'm still a student, it's actually super helpful, because all this stuff that I gave is based off of personal experience. But also these are things learned in past classes.

So just continuously talking about these things and sharing them with people has helped my memory. So yeah, I don't know. I also like to make PowerPoints for some classes too, because they kind of help me retain it. So sometimes, I'll like--

ANDRIA DONNENWERTH: And now it's making it fun, because because you can do the fade in and out, yeah. So that's cool. Any other goals? I know too mine is just being healthy. I think everyone's number one thing.

And I had to stop telling myself no. When you want to be healthy, you're like, no candy, no sugar, no. And then that makes you just want it even more. So I'm like, oh, OK, well, I can have one. [LAUGHS] I'm not going to tell myself no. I'm just going to do moderation.

KATIE IVERSON: Yeah, another good thing is if you're kind of like more of those dietary type goals is, instead of thinking of restrictions, it's kind of along the lines of that positive self-talk. You're not taking something away-- maybe like doing a switch. So maybe you're trying to eat less ice cream or something. So maybe saying like, I'm going to switch ice cream with yogurt or something else.

And then also thinking of maybe just some of the health benefits you get out of the foods, so there's a lot of psychology involved, a lot of this just thinking about what you're putting into your body and what that food is giving you. And that's more of a health belief model, which is another behavior change. It's more specific. I went with the one that I showed just because it's a little more broad. But yeah, is there any advice for how to--

ANDRIA DONNENWERTH: Transition from preparation to action.

KATIE IVERSON: Yeah, so I'd say getting those goals, so actually brainstorming your goals and then setting a plan, that's really what's going to help with that. And then working on your motivation, so sometimes-- I'm trying to think how to word this. Sorry. Yeah, I guess I would say, first step, you're going to want to actually identify what your goal is and have a plan to achieve it. And then figure out why do you want to achieve that goal.

So going back to those intrinsic and extrinsic factors, so without even looking at it, maybe just write down, OK, I want to do this goal because of this, this, and this. And then if you look back and you're like, I feel like I'm pretty intrinsically motivated, then you're probably pretty good to go into that action stage and have that action stage actually go into the maintenance stage.

But then if you're kind of like, eh, I've got a lot more external factors, then you might want to take a step back and work on increasing those areas of competence and autonomy and relatedness that we talked about to help move you then from that action to maintenance. Does that answer?

ANDRIA DONNENWERTH: Yeah.

KATIE IVERSON: Cool, yeah. So it's a little hard without knowing the really specific goal, but yeah.

ANDRIA DONNENWERTH: Yeah, I always find it's hard sometimes. But if you can find people, whatever your goal is, if you can find people to do it with you, that always helps. So that's your external, right, someone else outside helping you? Like, here's a trainer and everything, right? So even just having your friend help you.

I know, too, some people are competitive. So if you make it a competition, that always helps your goals too. I can get an A. You can't. Ha, I'm going to study.

OK, so if we don't have anything else, we're going to wind down for the night, unless anybody has any more questions? Being more confident-- oh, is that a goal, being more confident maybe? So how would you help with that?

KATIE IVERSON: I would say just a lot of positive self-talk. That would be one thing. And I guess it depends on what you're trying to be more confident about. So if it's more socially confident, it's a little hard for me to get super-- oh, more confident with talking. OK, so maybe like people that you do already feel confident with, talking to them, maybe asking for feedback on what-- there's definitely been things that I've been a little self-conscious about as I've done more public speaking.

For one, you all probably noticed this. I talk a lot with my hands. And at first, it really bothered me. But I don't really care anymore because I feel like it makes a little more entertaining hopefully.

But yeah, so being more confident with talking. If you can, and you like filming yourself talking and watching that-- I know that's super scary for a lot of people. I know I still don't like watching myself talking. I'm like, mm-mm, nope.

So that can be helpful. But just in general, a lot of positive self-talk-- so if maybe public speaking is more what makes you nervous, just remembering that any little things that you may think that are really noticeable to yourself that you do, when you're talking to a roomful of people, they probably don't even notice most likely. And even if they do notice, they may think about it for like a second. And then they're going to forget about it.

It's not like someone's going to remember, like, he stuttered on that one word. People definitely don't remember stuff like that. So just being mindful of that, that's helped my confidence with talking. I hope that answers this.

ANDRIA DONNENWERTH: And there's always classes too.

KATIE IVERSON: True, yeah.

ANDRIA DONNENWERTH: Yeah, I know. That's same as fitness. You want to just take a class. It helps you out too.

And he said awesome. They said awesome. OK, perfect, anybody else?

OK, well, thank you, everybody, for attending. Again, I'm so sorry for the technical difficulties. I appreciate you all coming over to this platform and joining us tonight. And remember to always look at [connections.wsu](https://connections.wsu.edu) for more events.

Tomorrow night, we're cooking with the Executive Chef Jamie Callison. We're going to learn how to make some pasta from scratch as well as some other yummy things for Valentine's Day. So you can join in on that or any of our other events. But have a great night. And thank you everybody for joining us.