I’m learning how true this statement, “you will never always be motivated, so you must learn to be disciplined,” is more and more every day! While valid for every aspect of life, this statement is especially true about my exercise routine. When it comes to exercise, I have days where I’m so motivated and excited to work out, then I have days where I dread it. I have times when I feel like I NEED a good work out and other times when it’s the last thing I want to do. If I were relying on motivation alone, I would be inconsistent at best.

Another lesson I’m learning is that consistency is one of the keys to success. If you want to see results, make progress, and reach your goals, you must be consistent at working toward them. Consistent effort, no matter how much effort, will get you to your goals. But you guys, it takes discipline to be consistent.

So if I want to be successful in my health and fitness goals, I need to make a consistent effort towards them. Relying on motivation alone will lead to inconsistent results, which means I need to have discipline in the days when motivation is lacking. I can apply this concept to other areas of my life too. If I want to succeed in my college courses, I need to have discipline in making a consistent effort to study and get good grades. If I want to improve my nutrition, I need to have discipline and make a consistent effort to improve the way I eat.

I have been focusing a lot on my discipline lately and recently realized how discipline and consistency go together, so I wanted to share. I know it’s not going to be easy. I know I’m not going to be perfectly disciplined and consistent all the time. But I’m working on it, and that’s what matters.