



Motivation Mastery

Finding The Will To Win

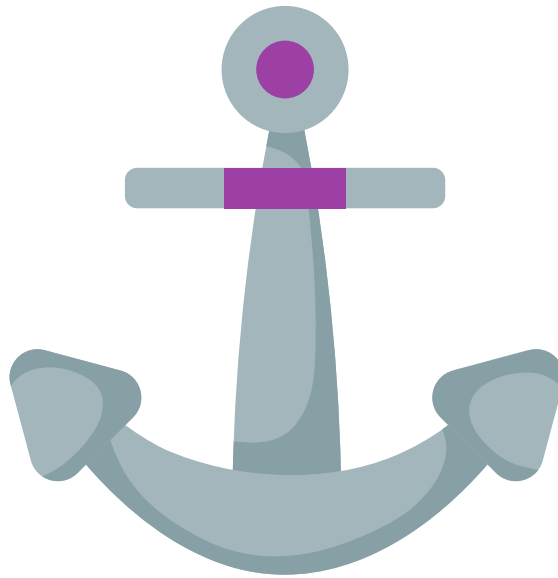
Introduction

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Motivation vs. Discipline



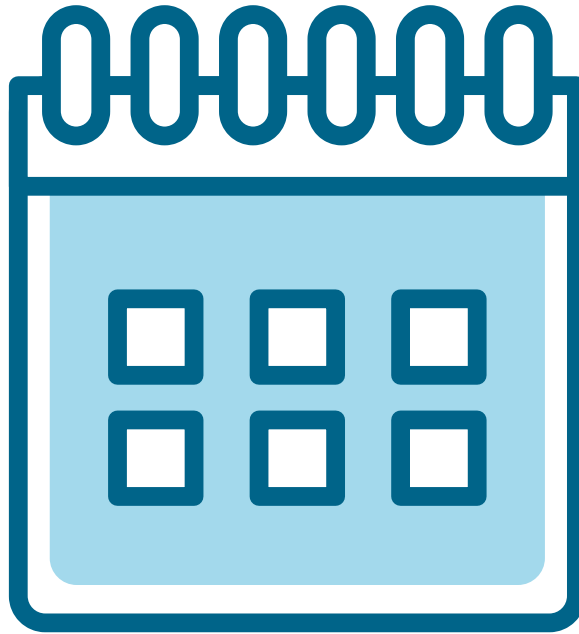
Most fitness instructors don't need motivation to workout or eat healthy. Why? Those things have become habits. It is like going to work, or brushing their teeth. They don't need motivation, they just do it.

That is our endgame. It is tough to stay motivated, since motivation is an emotional state. Emotions change. Habits do not. This guide will not only show you how to get into that state of motivation, but also how to discipline yourself to the point where you don't need motivation.

Discipline

Long-Term

Schedule



Schedules are essential to forming discipline. If you don't know where to start, you get lost. Many people have goals, and have a general idea of how to get there. However, they never write anything down. They end up trying to figure out what they need to do every single day. Don't confuse yourself. Have a schedule.

Now the schedule does not have to be super in depth. It is ok if you just write "pasta" instead of an entire recipe in your schedule. Just have the idea of what you need to do that day. The schedule does not have to be perfect, but it does have to exist.

Fine With The Worst

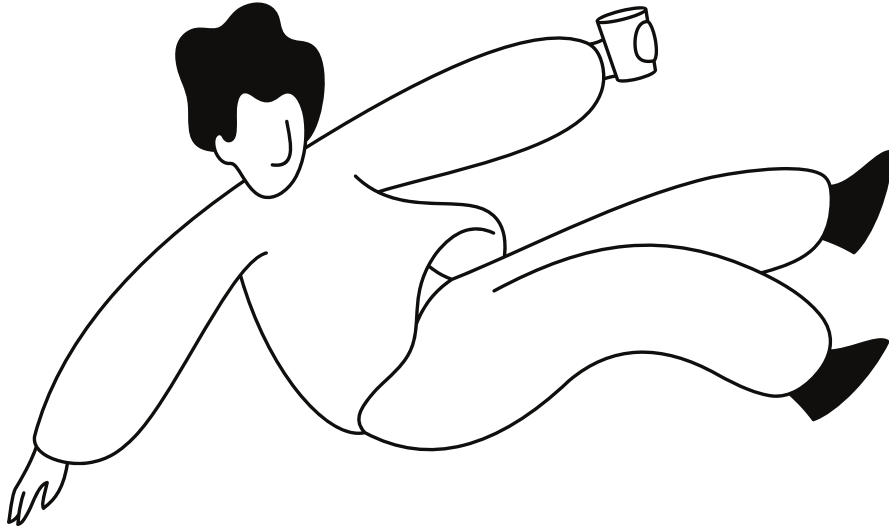


One of the biggest reasons people fail is they put too much pressure on themselves. The entire world seems to rest on their dream. The second they encounter any kind of turbulence, they completely fall apart and quit.

Be ok with the worst. You fail miserably at a workout, be ok with it. You eat that tub of ice cream, be ok with it. Things will go wrong on your journey, and that's to be expected.

Be ok with the worst. Don't completely give up the second you encounter turbulence.

Start Badly



Many people are afraid to start, because they don't think it will go well. They are right. The first few times you try to eat healthy or workout, you will have some hiccups. But that is the nature of the game, of any game. Your first speech was meaningless babble. The first time you tried to walk, you fell. And that's all ok.

Just start. Start badly. Nobody begins a master. The sooner you start, the sooner you get to your goals. You never gave up on speaking or walking, so do not give up on your health.

Motivation

Short-Term

Envision The Goal



Why are you doing this? Seriously. If you are doing a ton of random tasks for no reason, then why do them? A lot of times, the routines you do seem so boring that you forget why you do them in the first place. Why are you reading about health? Why are you working out? What is your grand dream?

Every time you are feeling unmotivated, think of your grand dream. Remember the reason you are doing these tasks. Envision your goal.

Negotiation



Health has to be prioritized every day for results. To achieve your dreams, doing nothing is simply not an option. However, how much you do is up for debate.

If your lacking motivation, negotiate with yourself. Maybe you can't do a full workout. Maybe you can't eat that salad now. But what can you do? Maybe you can do a few easy sets of an at-home workout. Negotiate with yourself.

Everyone has bad days. Everyone has days where they are lacking motivation. The important thing is to keep the momentum going. Force yourself to do something every day. Negotiate with yourself and do what you can do.

Steps

Step 1: Your Goal

What is your goal?

Step 2: Schedule

How will you achieve your goal?

Use the calendar to plan out your workout schedule, meals schedule, sleep schedule, etc.

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Step 3: Start Badly



Follow your schedule



Step 4: Negotiate

Rough Day?

What is the bare minimum I can do?

