

How To Stick to The

# Program

## SPEEDFIT

THE SMARTER WORKOUT

A simple question to dive into this further and find the real reason you lack motivation. **WOULD YOU BE MOTIVATED IF YOU WERE MAKING FAST RESULTS?** This is usually the biggest thing when it comes to motivation. If we aren't progressing as fast as we thought we would then we aren't going to be as motivated - it makes sense right? So the real thing we need to be focusing on isn't "how to stay motivated" it's "How can i ensure i achieve consistent results to keep me motivated?" Think of progress as a phone number.

Let's say you need to call your friend. If you get one number wrong the call won't go through right? It also doesn't matter what number you get wrong if one number is wrong it won't go through. So let's say the last number in this case is motivation and you're thinking that is the problem so you try every number combination to try and get this number to work but the last number is actually correct, you actually had the 3rd number incorrect which is 'the results'. So there is the possibility we are trying to solve the wrong problem. Say we change it up and end up focusing on the results (the 3rd number) and we get it right and then BOOM! The call goes through (you stay consistent and focused and end up being a lot more motivated).

That opens up another chapter on understanding what it actually takes to make progress and why this is the most important thing. Are you really doing everything you could be doing to ensure you are achieving the results you need?

If you really think about it - Progress is a **self fulfilling prophecy**.

If you say you're not making progress you'll start putting in less effort because you're feeling like "what's the point" and then because you're putting in less effort you make less progress. This is a trait that a lot of people have as a coping mechanism. It hurts when you try and fail. So some people from the start will try and convince themselves why certain things won't work. "I've never been able to lose weight" "My metabolism is going to let me down" "This won't work for me but i guess i'll give it a try". Then they will subconsciously do the things that confirm their beliefs as it feels better for them to be right and not make progress than to be wrong and actually make progress.

Action Steps for getting results:

1. Be aware of your goal
2. Create habits that correlate to your goal
3. Don't give up after 2 weeks.