

HOW TO GET AND STAY MOTIVATED



WHAT IF I FEAR...

Define

Prevent

Repair

BENEFITS OF SUCCESS

What might be the benefits of a potential or partial success?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

COST OF INACTION

If I avoid this action, and things similar, what might my life look like in 6 months, 12 months and 3 years?

6 Months

12 Months

3 Years

DEFINE YOUR GOAL

What is it that you want to achieve? Clearly define them.

BREAK IT DOWN

Break down your goals into smaller, actionable and measureable steps that you can do daily or weekly.

REGULAR CHECK-INS

Did I do what I needed to help achieve these things?

Yes? Great, make sure I do the same thing next week.

No? That's okay, there's a new week. Each day is a new day.

Don't feel guilty about it.

REGULAR CHECK-INS

0 motivation to train:

Reach out and tell someone! They can help encourage you and keep you accountable

Yeah I guess I want and need to train so I will:

Set a schedule daily or weekly. Put on some good music and have a workout at the ready to follow.

Super pumped:

Amazing, use this time to really make the most of your workout. Do a little extra and push a little harder!

MOODS AND MOTIVATION FLUCTUATE. ROLL WITH IT.

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