

MOTIVATION TIPS

Set extremely easy goals.

Your subconscious cannot tell the difference between big and small, just success and failure. So, if you set a few small goals such as walk the treadmill for 3 minutes or watch the first 5 minutes of a new workout dvd, when you accomplish them, you get a boost in self-esteem. This leads to motivation to do a little more each time, because you know you can do it! If you set a bigger goal like jog for 30 minutes and you only do 27, that is logged as a failure. It sounds silly, but it works on a deeper level than you realize.

Concentrate on what you LIKE about your body

Don't harp on your imperfections. That will only bring you down. Think about what you do like and work on keeping it that way. Positive thoughts lead to positive actions.

Add variety to your day. Boredom kills motivation so find new, active things to do each week.

Just put your workout clothes on. Then you have no choice but to get them sweaty!

Take a break. If you try to go 100% all the time, you will burn out. Take time to relax and reflect on your accomplishments. Then, you will be rejuvenated and be able to continue for the long term.

Get a workout buddy. If someone is counting on you to be there for the workout, you are more likely to show up.

Reward yourself. Not with food, but with a new piece of clothing or a new piece of workout gear. It is much better when you've earned it.

Challenge yourself. Sign up for a 5K and challenge yourself to be able to finish it, walking, or running, or both!

Set goals, make a plan, write them down. When you know what you are working towards and see it in writing, it is much more concrete.

Always have a goal. Once you reach one goal, set another one! Always have something that pushes you to improve yourself in one way or another. It can be fitness, nutrition, emotional, or mental health as well as family and home related. It all leads to a better, happier you.