

Fit & Lean in 2014

3.1 Staying Motivated



Quiz yourself! For an instant dose of inspiration, answer these questions:

- a) *If I stop, how will I look in six months to one year?*
- b) *If I stop, how will I feel in six months to one year?*
- c) *If I stop, what will my health be like?*
- d) *If I stop, how will my family and friends be affected?*

Answering these questions often helps boost motivation just enough to remind you of why you started in the first place.

Work on keeping promises. Practice integrity in other areas of your life – clean out that closet you’ve been meaning to clean out for months, keep promises to family & friends, pay off a debt. Stick with commitments in other ways in order to strengthen your own subconscious belief that you are able to uphold the promise of getting fit & healthy that you made to yourself!

Focus on a feeling. Stop focusing on the scale or the measurement tape and concentrate on your mood after you’ve eaten a healthy meal or how you feel after a great workout. Motivation doesn’t always have to come before an activity!

Ensure you are rewarding yourself for achieving different milestones and not just for reaching the end goal. Reaching small goals is just as important – you must achieve the small goals before you can reach the big one. It’s easy to get discouraged when you are only worrying about the finish line and not enjoying the journey!

Act as if! Too often we put things off thinking that we will do them eventually. “When I lose this weight, I’m going to take a dance class.” “When I reach my goal, I’m going to be more social.” Why put it off? Your weight and health shouldn’t be keeping you from living your best life, they should be enhancing the enjoyment you already get out of your life! Live your life like you have already reached your health & fitness goals and move from punishment mode to empowerment mode!

Cultivate compassion. If you find yourself feeling really uninspired or particularly down on your body, try shifting your focus to self-appreciation. Instead of beating yourself up when your weekly weigh-in doesn’t go as you wanted, be grateful for how your body moves and all the things it does for you. Move your mindset from how you look to how you function. Being able to walk and bend and dance is a blessing that is too easily taken for granted!

Source: www.shape.com