

## Staying Motivated: Positive Affirmations



Motivation is the most important ingredient in reaching any goal – right up there with perseverance. Motivation is literally the desire to do something. Motivation starts the action necessary to reach any goal.

Positive, motivational affirmations can then be viewed as the fuel for the action!

When you find yourself lost for motivation, using positive affirmations on a regular basis can help you to reach a time when the urge to do the action will come from within without any prompting.

Remember, these are **POSITIVE** affirmations so stay away from the negative, ie: “I will stop being a couch potato” doesn’t work nearly as well as “I appreciate the body I have been given and I show my appreciation by being physically active”.

Here are some examples of great positive affirmations to get you started (feel free to modify them to suit you):

- I love nourishing my body with healthy food.
- Life is beautiful and I enjoy life by staying fit and maintaining my ideal weight.
- Every cell in my body is healthy and fit and so am I.
- I easily control my weight through healthy diet and regular exercise.
- I surround myself with people who support my goals and dreams.

- I can find balance in my life.
- I am in control of my stress levels.
- Every day is a new day full of health, happiness and hope.
- I am of a strong heart and body. I am vigorous, energetic and full of vitality.
- I hug my children daily and demonstrate my love in other ways as well.
- My family is the most important thing to me and I intend to keep them so.

Source: [www.self-help-and-self-development.com](http://www.self-help-and-self-development.com)