

Staying Motivated: One at a Time

Too often when we decide we want to change our lifestyle, we go in without focus and set up multiple goals to be achieved at once. This can be incredibly overwhelming and set ourselves up for failure.

While you may have only the best intentions, setting too many goals at once can divide your focus and actually cause you to get frustrated when it simply turns out that you have too much on your plate.

Perhaps you woke up on January 1st and said, “I’m going to stop eating fast food, I’m going to work out and eat vegetables every day!” All great goals, all with the best intentions.... However, these goals are a lot to take on all at once. Instead of tackling all of these goals at once, why not simply start with “I’m going to stop eating fast food”? In all likelihood, what you will find is that as you become better at avoiding fast food, you will become more motivated to push yourself to achieve new goals. The confidence you will gain from achieving a goal will be the exact motivation you need in order to move on to the next goal!

When you are ready to move on to the next goal (“I’m going to go to the gym every day”), remember to work towards the goal – setting a goal of “every day” from day one can make you feel like you’ve failed if you miss a day or two (and you will miss a day or two). Start small – “I’m going to go to the gym twice this week”. Once you have been able to reach that goal a few times, increase it to three days a week and so on. If you build gradually, it won’t be long before being at the gym every day is something you look forward to doing – but you may also realize that five times a week is enough to make you feel great. It’s also ok for you to modify your goals as you find what works best for your daily life!

