**Email blurbs for Staying Motivated**

**Intro Email**

All of us hit a lull in life whether it’s in our work lives, our relationships, or internally. *Staying Motivated* is a campaign to help you prioritize the goals in your life, make physical activity *fun and enjoyable* for you, what to do when you stop feeling motivated, and how to create a visual representation of your motivation pursuits.

**Week 1 One at a Time**

We love to multitask in our society – make dinner, check emails, text, watch your kids, have the TV on … we might as well join the circus while we’re at it. The good news is, this isn’t how we make meaningful changes in our lives. Making multiple goals for yourself (lose weight, give up junk food, be a better wife or mom) is extremely overwhelming and we set ourselves up for failure. Read more on why we make goals one at a time, and how this actually sets us up quite well for staying motivated.

**Week 2 Do What you Love**

Did you ever notice how easy it is to find time to do something you are looking forward to or that you enjoy doing? Can this be applied to your fitness goals? YES. This week is about how to make physical activity actually enjoyable. The secret to do this is in this email, so read on!

**Week 3 Positive Affirmations**

What do you do when you’ve been really good at being motivated, but inevitably, life happens, things come up, you get busy, you get stressed, and you’re back to where you started. The answer is having *positive affirmations throughout the entire process.* Find out how this works, and great examples of positive affirmations to get you started.

**Week 4 Creating a Vision/Motivational Board**

Sometimes a visual reminder of what we are doing and why we are doing it is just what we need. This last week requires getting you to put arts and crafts skills hat on (even if you’re not artsy at all!). Remember last week’s message, be positive about this and you might be surprised what may result from this!