

Motivation; Of course you care what others say about you!

Have you ever said any of these to yourself? I am sick of dieting. I wish I knew the correct way to achieve my fitness goals. I hate the way my clothes fit. I am sick and tired of being fat. I wish I had more energy. I want to look like her or him. I'll start my diet on Monday.

What does it take to get you motivated? We talked last month about “fear based motivation” and how it can be an emotionally charged push, but it’s also the kind that fades once some of the initial fear has diminished and so has your desire, unless you move onto the next stage of “feedback motivation”

You start seeing results, your friends and family are taking notice when they see you and ask what you’ve been doing to look so great. You may buy a new wardrobe because you are losing so much. You may even feel others are attracted to you now. Doesn’t that make you feel alive?

Unfortunately it ends when your clothes can’t fit any looser, the friends and family have stopped commenting after 3-4 times of seeing you and the scale can’t go any lower. Again; you are at a crossroads, you either fall back to your old ways or you move onto the third stage that I will talk about in the next article.

These are all great motivators, can you think of other reasons that can get you started and keep you interested for the long haul until you reach that ultimate goal?

MOTIVATION

Meaning – what does looking, feeling and living healthy mean to you?

Organize – you need to set that appointment so that exercise becomes a ritual.

Think – about the activities you can seek out and do now that you have the stamina and energy to get through it

Inspiration – what inspires you into action?

Vision – visualize how you want to look and feel in 6 months, a year or even 10 years from now

Wanda McCormick, owner/trainer of Perfect Fit Personal Training

708-935-2638

www.perfectfitpersonaltraining.com

Action – you can think, wish and want, but if you don't take a step forward into doing something about it, you're just thinking, wishing and wanting

Truthful – to yourself, be honest about how you feel about your health, how much are you really willing to sacrifice to change and step outside your comfort zone

Improve – when you reach your goals, don't stagnate and think it's over, create new goals and always look for ways to improve yourself

Options – life is about choices, every move we make takes us down a different path, keep your options open and choose the path that's right for you

*Now – your health is your most valuable asset. Take action, there will never be a “perfect” time to begin. Your time is **NOW!***

*Maybe you don't know where to start or perhaps even how to start. But whatever the reason, you need to know that everyday you delay, you're laying down a habit of **NOT** taking action.*

Seriously you simply have to get started on creating the body and health status you want this year. Life is too short to feel depressed, frustrated, and uncomfortable with the way you look and feel. When you feel great about yourself, you won't care what others say.