

12 TIPS TO HARNESS MOTIVATION

1. Set Specific Goals

Ask yourself “How will you know you achieved your goal?”

For example, instead of saying “I want to get fitter” you could say “I will be able to walk up the Mt Maunganui without needing to stop because I get breathless”. Instead of saying “I want to look better” you could say I want to fit into size 12 comfortably”. Instead of saying “I want to feel better” you could say “I want to take sick leave less frequently” or “I want to get 7-9 hours of sleep each night and stop waking up at night often”.

2. Set Realistic Goals

Research shows that setting very ambitious goals often lead to people giving up and quitting. So instead of setting a goal like “I want to lose 20kg”, break it into smaller chunks. These chunks shouldn’t scare you, they should be realistic and achievable.

3. Link your goals to your values

To make sure you stick with your training you need a very strong understanding Why you are on this journey. A good way to create a strong “Why” is to link your goals with your values.

For example, if you value your family you could say “I need to train to be able to keep up with my kids”, “I need to set a good example for my kids because I want them to be healthy”.

4. Book Them In your Calendar

If you keep thinking “I will train after I got my work, all household chores, and other ”side quests” out of the way”, then chances are.... you aren’t going to train. Instead look at your weekly calendar and book your workouts as if they were important business meetings (or doctor’s appointments) that you would want to skip. And don’t forget to set reminders.

5. Plan and Prepare

Create an environment where it’s almost impossible to skip a workout because you will have no excuses. For example, pack your gym bag the night before and keep a spare 1-2 sets of

active wear in your car so you can't say "I don't have comfortable gym outfits so I won't train".

Sign up for a gym that is close to your home or work so you can't say "Oh I don't want to drive to that part of town because the traffic is crazy".

6. Just Show up

There will be days when you will feel "too tired", "too sore", "too something else"...

On days like your goal should be **to just show up**. Not to train, not to complete all of the exercises on your program, no. Your goal is to **just come to the gym**. Once you are in the gym, take your time and get changed. After you get changed, check in with yourself: "Can I do 5-10 minutes of walking on a treadmill (or other cardio)?". The answer will probably be "yes".

After you finished with your little cardio session check-in again: "Can I do my usual warm up?". Do your warm up and see how you feel. If you still feel like shit then go home, you probably really need some rest. But the chances are, after you have done cardio and a warm up, you will be A LOT more motivated to do your workout.

7. When In Pain

Depending on pain, going to the gym can be a good idea or it can be a bad one. If you have muscle soreness from previous training sessions then moving your body and lifting light weights will improve blood circulation to the sore muscle and relieve pain. If your lower back is sore because you sat all day at your desk then going to the gym can relieve lower back pain if you do foam rolling, gentle stretching and strengthen your core and glute muscles to prevent the pain from getting worse.

However if you injured your wrist, then doing an upper body session is a bad idea. Instead you could come to the gym to train legs or do some cardio. If you hurt your leg, then skip leg day and train your upper body instead.

8. Tell Others

A supportive environment is vital for maintaining motivation. Tell your family, friends, colleagues, and Instagram followers about your fitness goal and why it is important to you. Because you are less likely to give up when you are being watched by others. So Step 1 find at least 1 person who will hold you accountable.

Step 2, ask people who you live with to show you a bit more support especially when you are running out of energy. Note: that this kind of support should come from a place of love and care, not critique and judgement.

If you want to stick with your training you need to either join or create a group that exercises. **The main idea here is for you to be able to identify yourself as “some fit person” like “I’m a Yoga snob”, “I’m a Pilates gal”, “I’m a Muscle mommy”, “I’m a Crossfiter”, “I’m a powerlifter”, “I’m a race runner” etc.**

9. Make it Fun

Combine a “have to do activity” with “I want to do activity”. When you go to the gym make sure you have an enjoyable experience!!! Put on a nice activewear set, play your favorite music, drink tasty EAAs or Electrolyte drink, and make sure that each session has some of your favourite exercises.

10. Reward Yourself Correctly

After you complete your workout, reward yourself with a nice shower with a nice-smelling shower gel, moisturize your legs and hands with nice body lotion, and watch an episode of your favorite TV show. You can also reward yourself by having a massage, a spa session, getting your nails done, buying yourself a nice outfit **for not skipping training sessions for a month.**

Have you noticed? I haven’t mentioned food. You need to learn to reward yourself without involving food or eating.

11. Overcome Mental Barriers

Mental barriers often hinder motivation. **Fear of failure, self-doubt, and negative self-talk can create a cycle of procrastination and avoidance. Acknowledge these thoughts but don’t let them dictate your actions.**

For example, if you don’t even want to try and start your fitness journey because you are afraid to fail, then guess what? You’ve already failed. So it can’t get any worse. Remember you lose 100% of your chance if you don’t try. And only by trying things you can learn what works for you.

12. Track your Progress

I recommend using 2-3 tracking methods. For example, you could track your weight, take progress photos every month, take tape measurements, do body scans monthly or track your gym performance.

Questions

How many of these tip are you currently utilizing?

What 1 tip are you going to apply this month?

Set a reminder to reassess each month

Any Feedback?

Email me at **Happiness.by.rita@gmail.com** for any concerns or suggestions.