

MOTIVATION

Let's get positive!

In order for you to stick with any wellness program, you need to be motivated and use will power to begin new activities or not do old ones. At least until your new habits become ingrained into your lifestyle and they replace your old ways of thinking and doing. Even though we're all different and motivated



by different things, one thing is a constant. You have to remember your big WHY. Why are you trying to lose weight? Why are you trying to advance your career? Why, why, why? Is it for the sake of your health, your children, your self-respect, your legacy, to become happier than you are now? You're why will keep you going through the ups and downs of the process of change. So your first and most effective motivator is to realize, define and remember your why(s).

There are several ways to remember your why(s). If you're really ambitious, you can make a 'why movie' and watch it every day. You can edit photos and video together on your computer, and include a motivating song and/or voice over to go along with it, and there you have it. The photos can be of your family, you, what you'd like your life to look like, famous people you want to emulate, things you would like to acquire, situations you'd like to be in, or anything else. It's your movie. So go for it.

If you're not too technically inclined, another motivating technique is to make a magic board. Simply take photos, magazine cut outs, or any other image source and make a montage. Then keep your montage where you'll see and think about it often. View the montage and visualize yourself as being part of that scene and things being the way you want them to be. Think it and you will be it.

You can also leave notes or photos on your computer, in your car or other places to remind yourself of your why.

A great way to motivate yourself is to make it fun or as pleasurable as possible. For instance, if you're trying to improve your diet, don't buy the junk food. But do buy the ...