

MOTIVATION MOMENT AND GOAL SETTING

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Motivation Moment

My philosophy with fitness is:

There are significant, meaningful benefits from even small investments of time. More may be better than less but some is better than none and you can't afford to do NOTHING! If you struggle to be consistent with exercise, remember that habit is more important than content. Get the HABIT on track with something small and then let the content grow and evolve over time.

You've got to get ok with doing something small to keep the habit going! Reflect on this philosophy as it relates to your exercise efforts in the past. What have you tried before in a typical week's worth of exercise that you had difficulty sticking to and how might you pare it down to be something reasonable that you could more likely stick to?

Goal Setting

Psychologists say that our goals don't stand a chance when they are vague and impersonal. We need a PERSONALLY COMPELLING MOTIVATOR. It must be *personal* and it must be *compelling*. Do you have a personally compelling motivator that can fuel your motivation to workout consistently? Give it some thought and write it here:

Sometimes huge lifestyle overhauls can be overwhelming to think about and even more difficult to follow through on. It can be more helpful to think of one small thing you can change, starting tomorrow, relative to your health and fitness habits that you can still see yourself doing a year from now? Brainstorm it here and then circle the item you're committing to changing!
