

# Making Your Motivation Stick!

By Hannah Tooley



Motivated one day, can't be bothered the next day. I can assure you, you're not alone!

One of my clients was struggling with her motivation, as so many of us do. She would easily turn up to our sessions and work hard during the time we spent together, but do you think she could turn up to the gym during the week on her own steam? She wanted so badly to be consistent, get the results that others so easily seemed to get, and feel awesome about herself. But instead she felt hopeless and frustrated. How on earth was she supposed to make progress when she was feeling like this?

Every single person has moments where they lack motivation. Even the most on-fire athlete or even your favourite trainers! We want to change, we want to be consistent, we want that goal!! But where does our motivation go in those tired, overwhelming moments during the rest of the week when we're busy doing life?

***How do we get the motivation to stick?***

## **Simple Steps to Motivation Success!**

***- Ask yourself: "Do I really want this?"***

Is this something that you actually want to achieve? Or have you just adopted someone else's goal because it seemed like a good idea? Unless we own our goals (i.e.: it's your idea, or it genuinely excites you enough to want it for yourself), eventually we just won't care, and our desire to reach that goal will leave. Don't waste your time on a goal that you aren't truly passionate about.

***- Why did you decide to chase this goal in the first place?***

Your "Why" is the most powerful weapon you own. Attached to your Why is all the emotion that you need to help you power through those low-motivation moments. Key point: Unless your desire for change exceeds your desire for what you are currently doing or currently have, your goals will always fail. Why do you think a seriously ill patient will be so determined in changing their lifestyle? Their life literally depends on it! They want to live happily and healthfully more than they want to be sick, and they are willing to give things up in order to recover.

***- Get a plan and an accountability partner!***

You won't make any progress if you don't have a plan. You can't just think to yourself, "I'll go for a run 3 times this week" and have it all magically fall into place. Book those runs into your diary, at set times, on set days. Set appointments with yourself. Next step - tell someone! Whether it's your trainer, a friend or a workout buddy, tell them your plans and get them to ask you about it. If they don't ask you about it, get a new accountability partner! Stick with this for two months. Yes - that long!

***- Be patient.***

Give yourself time to reach your goals, solid habits take at least 60 days to form. Life has a fun little habit of causing chaos, and you need time to work around that chaos. If something comes up and you weren't able to get one or two of your workouts done? Be honest with yourself, get real about why those workouts didn't happen, and then think about some realistic ways to make sure this coming week you stay on track.

Motivation comes and goes, but you CAN create great habits and stay on track with a few handy tricks up your sleeve!

To get help making a strategy towards your goals, contact Hannah at

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