

Self-Motivation

Find an Image

Motivation works best when you have something definite to work towards. You need to have a vivid image - find a picture of what it is you want. Put this picture in a place where you see it all the time as a reminder of what you want to achieve.



Set a Goal

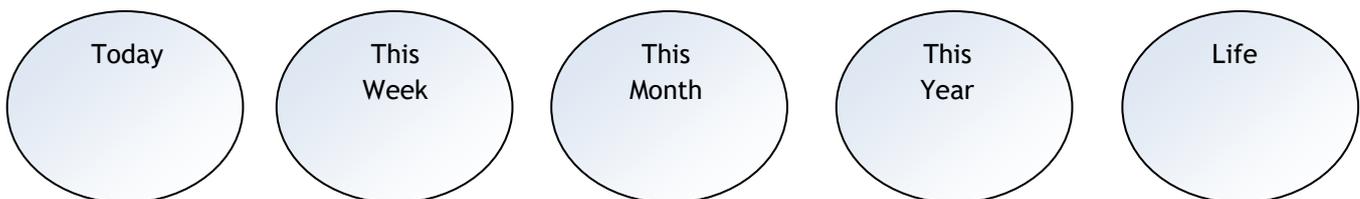
Be realistic. Be personal. Set yourself process goals rather than outcome goals. Set short term, medium term and long term goals - breakdown your big goal into lots of smaller short term goals that keep you on track to that big goal.

Write it Down

Write down your goals - put them somewhere you see them every day (the bath room mirror is a great spot!). Set a date for your goal - remember a goal without a completion date is nothing but a day dream. Start small and start slow - build momentum. Plan for set-backs. Measure, evaluate and review regularly - this helps keep you on track.

Try this method for setting goals:

- Draw five circles on a blank sheet of paper.



- Start with the last circle (fifth circle). Write 'Life' inside the circle then list what you want to accomplish in your life. They can be any type of goal; financial, career, adventure, fitness, etc - these are your life goals.
- Inside the fourth circle write 'This Year' and list what you want to accomplish this year. Break down your life goals into smaller goals that you can work towards during the year. List these smaller goals here as well.

- In the third circle write 'This Month' and list what you want to accomplish this month. Similarly, try breaking down your yearly goals into a series of smaller monthly goals.
- In the second circle write 'This Week'. Again list what you want to accomplish this week and break down your monthly goals into a series of smaller weekly goals.
- Finally, in the first circle write 'Today' and list what you want to accomplish today. Once again break down your weekly goals into daily goals - what can you do today that works you towards your monthly, yearly and life goals!

By working through this process you have a clearly defined path to accomplish all your goals. The breaking down of a 'life' goal into smaller yearly, monthly, weekly and even daily goals ensures you are always on track. You can do this as often as you like - even on a daily basis. It doesn't matter if the goals change - by working your way through each circle you are always working towards achieving your goals.

Make it FUN!

Exercise is not a chore it is a celebration of living! If your exercise is not fun make it so. The best way to keep your self motivated with anything is to set a goal and turn it into a game.



Make it Your Daily Routine

Make exercise a priority! Schedule your workouts like you would any other important appointment. Book it

in your diary. Plan your workouts a week in advance. Make it a part of your daily routine. Try working out first thing in the morning, there are many advantages:

- You are more likely to do it!! If you leave your exercise to later in the day, the greater the chance something 'unforeseen' will come up and you won't get that exercise session in.
- You can plan your day while you exercise - I do my best thinking during my morning workouts!
- A morning exercise session gives you energy and leaves you feeling great for the entire day!

Overcome Procrastination and Rationalisation

It is easy to put things off and make excuses for not doing something. This is called procrastination and rationalisation. It usually starts with you telling yourself a story about why you can't do something - It is important you recognise

how self-defeating this can be and realise exactly what and when you are procrastinating.

Be Flexible

The flow of life is always three steps forward, one step back. A set-back should not become an excuse to throw away your goals. You will have good days and not so good days. Be prepared for set-backs, down periods and times when you 'go off the rails' **BUT** always be prepared to get your-self back on track again. A set-back should not become an excuse to throw away your goals.

Reward Yourself

Remember to give yourself a positive reward. A positive reward is something that is not in conflict with your goal. For example, if weight loss is your goal do not use food as the reward. Celebrate the achievement of reaching a goal you have set.

Remember, the more you practice self-motivation and goal setting the better you will get at it!

