

Internal Motivation

Most people attempt major changes in their life without setting up a framework for success. How can we get anywhere without a map or a game plan?

Finding the motivation and inspiration to adhere to the changes in your life day-in, day-out, can be challenging. Many people have very good intentions and start an exercise or healthy nutrition program, but within a few months, 70 percent of them have dropped out. They could not find a reason to keep going. Much of being motivated boils down to associating pain with the situation you're in now – basically being "sick and tired of being sick and tired" – and associating pleasure with the situation you will be in once you achieve your goal. If you can develop these pain and pleasure sensations, you will pinpoint your personal motivation for exercise and healthy eating and you'll find it much easier to stick with the program.

Write down all the pain you associate with being in your present situation.

For example, "None of my clothes fit; I have no energy; My blood pressure has risen; I can't sit comfortably in chairs; I feel embarrassed to wear a bathing suit."

Write down all the pleasure you associate with achieving your goals.

For example, "I'll be able to wear whatever I want; My energy will improve; My blood pressure will drop; I'll be more productive at work; I'll feel more self-confident; I'll have enough energy to go hiking."