

# Motivation

## Develop a Powerful Vision

Spend a little time to develop a strong and powerful vision of what you want to achieve and where you want to get to. Then take just a few minutes everyday picturing yourself as the person you want to become. Most importantly, make sure this vision is your own and not what your doctor, spouse or workmate might want. You'll know it's the right vision when you feel absolutely passionate about achieving it.

## Set SMART Goals

Keep in mind that good goal-setting is about being SMART. That is, your goals should be:

**Specific** to what you want to achieve.

**Measurable** in terms of progress.

**Achievable** given your talents, skills and experience.

**Realistic** given your existing commitments.

**Time bound.** Dates for achievement of goals should be set.

Don't make weight loss your only goal. You may lose fat and gain muscle but look and feel great in the process. Hardly a failure.

## Make It Fun

Another way of assuring that you stay motivated is to make exercise fun. If you think of exercising as a chore then it's just not sustainable. Consider using some of the following tips:

1. Add Variety: do some occasional mountain biking or rock climbing, or, consider competing in an ocean swim or triathlon with your friends.
2. Use a variety of exercise techniques each week to maintain interest.
3. Include Friends and Family: training with a workout partner not only makes your training session more fun, safe, and intense, but will also increase the likelihood that you will show up.
4. Don't let one (or even a few) bad days put you off. Just resolve to keep moving towards your goals over time. Failure only comes to those who give up.
5. Map out a training plan so that your time is managed effectively and you don't let other distractions get in the way of a successful routine.
6. Be enthusiastic about your exercise and the results you're getting. Success is contagious and soon you'll find others wanting to spend more time in your company (training or socialising).

And most important, take the time to celebrate the success you achieve **along** the way.