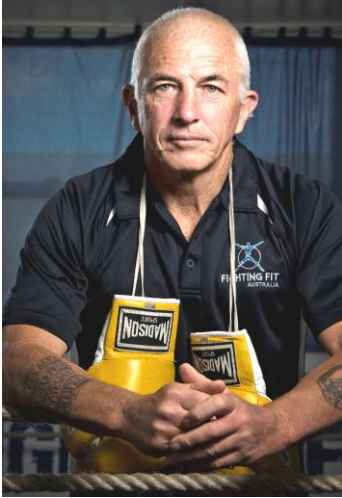


MOTIVATION



I believe the key to motivation is having goals, you must have a reason(s) that stimulate you to act. They can be as simple as: to save x amount of money, to fit into a certain size dress, to look good on the beach, to improve in sport etc.

In this and following articles I will do all I can to motivate you to improve your level of physical fitness but remember two things: physical fitness just happens to be my area of expertise; my assistance can be directed to all facets of your life. Secondly, while I will give 100% trying to motivate readers, self-motivation is the real key to success. Your goals must be what you really want, you must be honest with yourself, goals must be your personal reason to act, if they are not you will not be in it for the long haul and achieve life changing goals.

Goals must be:

- Specific** – instead of losing weight, you need to say lose 2kg etc
- Measurable** – you must know if you achieve. eg do 50 pushups, not just increase my maximum pushups.
- Achievable** – failure makes it too easy to give up so bite off little bits at a time.
- Realistic** – your genetics will play a large part in your build, regardless of training.
- Time Lined** – This keeps you focussed and more accountable to yourself, combating the temptation to get lazy and miss training sessions or to consume too much junk food. Eg do 50 pushups by.....

You need to have 3 goals or 3 groups of goals (for different parts of your life):

- Short Term** – 6 to 8 weeks
- Medium Term** – 6 months
- Long Term** – 12 months or longer

I want you give deep thought to three goals you are willing to work hard to achieve, then write them down. This may take a few days but once you have done this I want you to commence working towards achieving them straightaway.

Now I ask you to change terminology, instead of using the term 'Goal Setting' I want you to use 'Promise'. Now if your goal is 'to do 50 pushups by.....', it now reads 'I promise I will do 50 pushups by'. How much more commitment does the word 'promise' put on you achieving what you want. I think the difference is remarkable and really helps you put in the effort to achieve.

Please write down all your promises again, satisfying all of the above and get working towards them. Next article I will talk about some tactics to assist you get to where you want to be.

Thought for the month: Don't keep doing the same things and expect different results – life doesn't work like that; there is no alternative, if you want different results, you must change what you are doing.