

## The #1 Key to Motivate Yourself to Change

Change is hard and takes mental and physical effort

#1 key to motivate yourself to do the hard work to change– have a good reason why you want to change

Get some background answers first

Ask yourself:

What path are you currently headed on and do you like that path?

What would you want it to look like instead?

What exactly do you want to change?

How are your actions currently affecting those around you – in your family or at work?

Are your actions and your current state beneficial to yourself and others?

Then finally the big question:

Why do you want to make this change?

Dig deep down to something that is meaningful.

For most people a number (on a scale or blood work results) is not compelling enough to do the hard work of change.

Very often for my clients it has to do with relationships

Some examples:

They want to see their daughter get married

They want to have enough energy to have their grandchild over for the weekend

They want to travel with their spouse

While these are no guarantees that good health will make these things happen, they are definitely good reasons to make the changes to your health to allow you to be as healthy as possible.

When you have a good reason, that is the thing that you are working for and it helps motivate you.

Every time you make a choice regarding your health, you are making a choice for the thing you want – you are choosing your reason why.