

Find Your Inner Grrrrrrr!

By Karen McCoy

The other day I was watching a program on Michael Phelps, Olympic Gold Medalist swimmer from the United States. The interviewer asked him where he got his inner drive and motivation from. He seemed surprised at the question, and hesitated before he answered – ‘I don’t need to *get* motivated, I’m always motivated, all the time. It’s just who I am.’

What is this inner drive, this motivation that some people have for exercise and training, while others run from it like the plague? One client of mine who loved to train called it her ‘*inner grrrrr*.’ She described it as an actual feeling, a burning fire in the pit of her tummy that motivated her train hard (she is a rock climber). How is it that some people are naturally motivated to exercise in the gym, on the tennis court, in the pool, while others seem to lack any motivation at all?

When a client opens their first training session with, “I really hate to exercise”, as a trainer, I know I’m in for a long haul, and the drop-out rate for that individual is high. It’s this negative and uninspiring attitude that continues to frustrate trainers in their quest to motivate clients.

So how can we motivate ourselves and others to come to embrace exercise, and shift their inner beliefs about exercise. I always said – *health and wellness starts as an inside job*. So let’s look at some points:

- 1) **Change your language, change your life** – instead of saying, “I hate to sweat/hurt/train....”, try looking at it from another angle. Try saying, “I love feeling tight and toned after my session, and I love watching my body transform day after day”. Now that’s inspiring!
- 2) **Read other people’s stories:** Read health magazines or books that show what other people have done to improve their bodies.
- 3) **Stay fresh in your training** – if your workout needs to be freshened up, hire a trainer to spruce up your routine. Nothing kills intention like boredom.
- 4) **Train with a partner** – it’s often more fun to train with someone else, so you can bounce ideas off each other, motivate and inspire one another. And it keeps you accountable to your training sessions!
- 5) **Train with the end in mind** – whether it’s to lose 20 pounds or tighten your rear end, you must envision your end-result. This will stoke the training fires like nothing else!.
- 6) **Cut out the side-chatter** – unfortunately, there are those people that will try to derail your intentions, because as you get healthier, they get nervous that you will be better, happier, stronger than them. Know it’s their issue, not yours. Don’t make yourself small for anyone, It serves no one – not them, not you.
- 7) **Listen to the inner critic** – perhaps your worst critic is you, so you may need to ask what you are afraid of - Change? Other’s attitudes? Success? Challenging current relationships. Go deep and take a look. It’s your life, after all, and the only one you’ve got. So you best get on with living it to its fullest!