

Staying Motivated! – Shifting Your Mindset

Sticking with a new habit can be hard. Ask anyone who has ever fallen off the healthy bandwagon. Remember when you started a new exercise or healthy eating plan? The new habit began, you felt great, you were motivated, and you saw change happening in your body. Then slowly those old habits began creeping back in – you started snacking on unhealthy foods, you missed a few gym workouts - and before you knew it, you were right back to where you started. What happened?

Change is easy. Lasting change is hard.

The real downfall is not lack of time, the kids, too much work or lack of finances. While most people cite these reasons, we need to go deeper. We all have those constraints, but why do some of us rise above it, while others don't?

That new exercise regime, or new eating plan, must become an *intrinsic* part of our everyday life. It must be viewed as a natural part of living, as innate and as important as brushing our teeth. It needs to be put first on our list of priorities, every day. How can we do this? **By shifting our mindset.**

Throw away convention – Learn to live outside the box, where the majority doesn't rule. Living from this place is easy for some (those who naturally buck the system and are rebellious by nature) and not so easy for others (those who are conformists, who want to play it safe, or who buckle to outside peer pressure). Whatever your make-up, know it can change. Besides, it's freeing (and more fun!) to go against the grain.



Stand an idea on its head – Just because something is traditional, doesn't mean it's best. But many people are afraid to question the norm. Why don't we eat tuna for breakfast? Why is dinner traditionally the largest meal? Why don't we schedule our training first, scheduling all other responsibilities around it? Looking at something from a different angle - and questioning it - opens us up to the possibility of real change.

Know that it's lonely at the top – If you train regularly and eat clean, you are in the minority (sad, but true). And some people will try to knock you off your healthy pedestal. Why? Because you are a threat to them, and they feel challenged to change. Don't buckle to the pressure. Remember, the best way to help people is not to preach to them, but to live your best life. This will inspire them to do the same!

Keep a hold of the reins – Now that you've shifted your exercise and eating routine, you're feeling great! But now you need to *stay there*. Remember you always have to hold onto the reins and remain disciplined. Eventually those reins will become familiar, and you'll naturally hold things in check because you know the rewards. This is what every successful athlete, entrepreneur, leader and teacher knows to be true – discipline and focus are a natural and intrinsic key to success.

In the words of poet Robert Frost – 'I took the road less traveled, and it has made all the difference.' So take the road less traveled. Dare to be different. Go outside the box. Create lasting change by shifting your inner perspective about what it means to live and eat healthy. Only in this way can you turn your new, healthy habit into a daily lifestyle practice, one that you won't waver from, no matter what the circumstances. It's really all up to you!