

Get Motivated & STAY Motivated: How to Avoid the Start-Stop Cycle and Stay on Track for Good!



Hi, I'm Meagan!

I'm a Mind & Body Wellness Coach who helps frustrated and overwhelmed women achieve their goals through exercise, diet, and mindset training.

I believe that potential is universal, but opportunities are not. I was lucky when I found the right people at the right times to help me with my own struggles in body image, confidence, and anxiety; and now my goal is to give other women a boost too!

I spent years stuck between the desire to be better and the belief that I couldn't do it. It's an awful place to be, and it had me feeling hopeless and run-down when I would quit almost everything I started: diets, exercise, journaling, language, music, and more.

I know I'm not alone - the diet, fitness, beauty, and self-help industries have made a lot of money off of folks like me (and maybe you too) who are searching for "the motivation fixer".

What I've found is that motivation or willpower is not the real key, it's actually a result of having the right mindset in place! That's what this worksheet is all about - changing how your approach your goals and setting yourself up for long-term success.

I have plenty of clients who will tell you that even though they thought they were doomed, they were able to break free of the endless start-stop cycle and finally feel confident in themselves.

If we can do it, so can you! Just work through the 7 steps laid out below with honesty & compassion, then check the resources at the end for how to get more support & inspiration.

No more starting over - let's do this together!

Step 1: Get specific with your goals.

Imagine if you went to an airport and said "give me a ticket to the ocean", then got upset when you found yourself on Russia's northern coast instead of a beach in Tahiti.

This happens all the time in real life! People expect to end up all sorts of places without ever finding out where exactly they want to be or how to get there, then proclaim "*I tried everything, it's hopeless!*" when they're not happy with where they have ended up.

The more detailed you can be, the more likely you'll arrive at the place you want. What clothes will you wear, what activities will you do, how will you feel? Paint yourself a detailed picture!

What are your specific, big-picture goals?

This is where you think long term - what is your ideal destination? Don't limit yourself by being super reasonable here, put down what you dream about! You can adjust as you go if needed.

What are the specific goals you need to start with?

If you want to fly to somewhere far away, first you have to find out how to buy a ticket or get to the airport. These are the first steps you'll take, and where "being reasonable" comes in.

Check In: Is this a should-do or want-to?

Are your goals things you want to do... or things you feel like you "should" do? We are constantly bombarded by society's expectations for how we "should" behave, look, and feel. Take a moment to really think through this noise and see if this is a "want to", or a "should do".

Step 2: Get honest, get motivated.

Let's bust a very unhelpful myth: Motivation is NOT the thing that gets you to your goals.

Wait... what? You mean motivation and willpower aren't the most important things?

Contrary to popular belief, motivation is actually the RESULT of having real and powerful reasons for doing the things you want to do. This "WHY" represents all the ways your goals are important to you for close-to-your-heart reasons!

You'll know you've got your WHY when it feels vulnerable and sensitive to the touch. It's the difference between *"I want to lose weight to feel better"* and *"I want to lose weight because my relationships are suffering and I'm afraid of regretting all the things I didn't do when I am overweight and uncomfortable with going out or being intimate."*

Honesty is incredibly important here, and the process can be challenging as you have to come face-to-face with your vulnerabilities. Be compassionate with yourself, but don't take any sh*t - you owe it to yourself to do the work. A coach or therapist can be a valuable resource here.

What are your powerful reasons why?

Step 3: Take sustainable action.

We all have plenty of evidence that we cannot do something - most of us have failed more than once on our way to our goals. If we know the "all-or-nothing" way doesn't work, it's time to do it differently by taking small, ultra-achievable steps.

It is going to take longer than you want it to, and you need to come to terms with that. Remember, you're not doing this for yourself in this moment, you are doing this for your future self, and it's always better to be late than never arrive at all.

Just think about how you wish you had done this earlier - in 5 more years, if you do not take realistic action today, you'll still feel the same way.

Our purpose for this is to build evidence that we can do something consistently.

I mean picking a task that is so embarrassingly small you don't want to tell anyone! For instance, drinking half a mug of water every morning before you put coffee in that mug.

It may seem pointless if you want to lose 75 lbs, but by doing this for at least two weeks you prove to yourself that you can stick to something. Then, you do something else for two weeks. Then you pick something bigger and stick to it. **This is how you avoid quitting.**

We are NOT taking leaps and bounds here. We KNOW that hasn't worked the 20 times before, and we have no reason to assume it will work this time. It is ESSENTIAL that you start small, I cannot stress this enough. Hope alone is not how you get you somewhere.

We never regret taking action toward our goals, but we always regret when we don't! So start that long journey the only way there is - step by step.

What is your first teeeeeeeny-tiny, ultra-achievable goal?

Step 4: Match expectations with reality.

I've worked with plenty of people whose goals are weight loss, and among them have been some who would "like to" lose weight but don't want to work out more often, cook at home, or party less on the weekends. Their expectations of what they want does NOT match the reality of what effort they're willing to put in, and that's a recipe for disappointment.

As you look at your lists, you may realize there are some things you thought you couldn't do that you actually can, and there are likely some things you have been trying to do that will end up in the "not now, maybe not ever" list.

This isn't just letting yourself off the hook, it's honestly confronting YOUR reality and making you far more likely to actually succeed in the end, since you won't set yourself up for failure.

What are the things I'm NOT willing to do?

If you haaaaate getting up early, do not schedule yourself a 6am workout. If you can't stand kale, don't buy it. Remember the difference between "should do" and "want to do"!

What are the things I AM willing to do?

Write the things here that you CAN see yourself committing to, and focus on this list. What you put your energy into grows, so make sure you're encouraging the things you want!

Step 5: Reassess and adapt.

You need to make sure that you have given an honest effort before you can say whether or not something is working - eating well for a week and not seeing any weight loss does not mean that it isn't the right thing! Everything is going to take longer than you want.

However, the goals, motivations, and strategies you start out with are likely not going to be the ones you finish with, and that is absolutely normal! You are learning and growing as a person as you work towards your goals, and insisting that you keep doing what you're doing even though it's no longer working is helping exactly nobody. (Except the unsavory parts of the fitness and diet industry who make a lot of money off us.)

Step 6: Be patient, be compassionate.

It's going to take longer than you want it to, and you're going to make mistakes.

The sooner you can accept that, the sooner you will be able to realize that **failure is not fatal!** It's simply a part of the learning process. Check out Carol Dweck's book "Mindset" for more info, but essentially you want to get out of a fixed mindset, where you believe that things are the way they are and you either do or do not have talent; and get yourself into a growth mindset, where you believe that if you work hard and keep learning you CAN be successful. (It's true.)

It's easier said than done, I personally have lived a lot of my life in a fixed mindset space, but it is SO DANG WORTH the effort to get yourself into that growth mindset.

Step 7: Encouragement EVERYWHERE

Achieving goals, especially when you need to change a long-standing habit, is not a "set it and forget it" scenario. You will absolutely need constant reminders for not only what you are trying to do and why you are trying to do it, but also helpful encouragement along the way.

Surround yourself with people who support you and ask for help when you need it! Whether this is from a coach or friends or books or a community - these people are invaluable, they are folks who can keep you on track and run along with you, and who support your dreams.

You can also surround yourself with inspiring quotes, pictures, books, whatever you need to keep you feeling fresh - I have a whole lot of them sprinkled through my daily life and I have included a bunch of my favourite quotes on the next page.

Most importantly I want to say - **YOU CAN DO THIS THING.**

Inspiration and Encouragement

Repeat this affirmation to yourself:

I can do this.
I am worthy of success.
I am taking daily imperfect action.
Tomorrow, I will be happy I acted today.

"The best time to plant a tree was 20 years ago. The second-best time is now."

-Chinese Proverb

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway."

-Earl Nightengale

"The one who moves mountains begins by carrying small stones."

-Confucius

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

-Mary Anne Radmacher

"Of all the liars in the world, sometimes the worst are our own fears."

-Rudyard Kipling

"Admire someone else's beauty and talent without questioning your own."

-Brooke Hampton

You CAN do this thing!

I sincerely hope that you've found these 7 steps as useful as I have. Whether you're just starting out, or starting over for the hundredth time, staying in touch with your why and being honest with yourself will go a long way to your success!

Finding a supportive community is also incredibly important, and I'm committed to bringing women together who can be there for each other as we work through our shared and unique challenges.



Staying Motivated Together

Hop on over to my free Facebook group, the "Mind & Body Resilience Community". It's full of women just like you & me, and is a wonderful place with great resources, support, and encouragement. So go there now and join the conversation! We'd love to have you. :)

www.facebook.com/groups/mindbodyresilience

Follow me on Instagram:

[@resilienceinmotion](https://www.instagram.com/resilienceinmotion)

My blog, plus program and contact info, can be found on my website:

www.resilienceinmotion.ca

Make sure you check your spam and junk folders for my emails, the new filters are ruthless with hiding content you want to see! (Bonus points if you add me to your safe senders list.)

And lastly, if there's anything I can do to help you on your journey, or if you want to share a win, please don't hesitate to reach out! It sounds cheesy but I'm gonna say it anyway: you really can achieve your goals, and I'm here to cheer you on along the way. Wishing you success!

*Yours in wellness,
Meagan*