



Ways to Stay Motivated

- 1. Give yourself a pep talk.** Set aside a minute every day to let the positivity flow; write down (or say aloud) everything that you like about yourself and your life, and use that minute to reaffirm why you want to meet your goals. You may feel silly at first, but it's harder to feel unmotivated when you're literally cheering yourself on!
- 2. Find some virtual buddies.** Technology makes it easier than ever to connect with like-minded people—and it doesn't matter where they live! Online communities like *Spark People* can be great resources for support and tips.
- 3. Surround yourself with success.** It may be said that misery loves company, but it should be that success loves company. Why are weight-loss reality shows so popular? Because viewers can see that other people have overcome obstacles on the way to achieving their goals. Success stories can be great for lifting you up and revving up that motivation when it's lacking, and reading that someone else had the same problem and pushed through can help you push through the hard times, too.
- 4. Pat yourself on the back.** Even if no one else knows about your accomplishments, they shouldn't go unnoticed. Commemorate finishing a walk/run by framing your bib or medal, or engrave the date of a huge accomplishment on a piece of jewelry. Not only does it feel good to celebrate the achievement, but it also serves as a visual reminder of your progress, which can help keep you pumped up on those less-than-motivated days.
- 5. Commit to weekly check-ins.** Just because you live alone or with people who don't support your goals, that doesn't mean you're doomed to fail! Unlimited cell phone minutes, email, and web chats can make checking in with a supportive friend or family member a breeze. Set a weekly date with your mom, sister or an uncle with similar goals to help you stay on track.
- 6. Use your pet as a workout partner.** Dogs rarely turn down the opportunity to exercise. If you have a dog but have relied on the backyard for potty breaks, start taking a trip around the block with your new workout buddy! Or get out in the backyard with your pooch to play fetch or chase. You will often find that once you are outside and moving, doing an extra block or two sounds better than another episode of reality TV anyway.
- 7. Journal.** Writing down your goals, struggles, setbacks and successes can be a great way to support yourself even when no one else will. Sometimes just writing about your struggles and reminding yourself why you are working toward your goals is all you need to get going again.
- 8. Reward yourself for meeting weekly goals.** If you meet your goal of losing a pound or working out five times, pamper yourself. Whether it's a long bath or a day off from exercise with no guilt, have a reward in mind for meeting your weekly goal and stick with it.