



Find your motivation AGAIN!

Over the last couple of weeks I've found that my motivation has completely dropped off the face of the earth and managed to go and bury itself on a far off planet in another solar system! My energy, determination and focus have been completely out of whack! This in turn has meant that my eating hasn't been as diligent as normal, my exercise regime has slackened off, my water intake has been minimal and I keep putting off my personal development for other "stuff" (*shock horror – a personal trainer actually admitting such a thing out loud! hehe*).

You may be asking WHY I am sharing this with you. It's because it's that time of year! I'm feeling it and I know so many of you are as well. It really is that time of year; we're almost ½ way through 2009! Everyone has



been so caught up in things and going full pelt we're starting to get run down (both physically and mentally), it's getting colder and people are starting to get sick. It's now so much harder to get out of bed early in the morning, it's harder to commit to your exercise regimes, and eating healthy gets more and more difficult with all those yummy hot foods around that will warm you up and continually tempt you.

We've all been unmotivated and off-track before. In some cases even when you know you're in that place, it still feels way too hard to get out of that 'rut'. It's not that you don't want to be healthier / fitter / skinnier / motivated again (or insert your own reason); it's just that you can't be bothered. No matter what you tell yourself "I should be going for a jog now" or "I shouldn't be eating this sausage roll" – the little voice in your head just doesn't have that impact it used to.

So this article is designed to give you a shake & help you break that cycle so you're back on track and firing on all cylinders (so you can keep working towards those fabulous goals!)

Take time out to ask questions:

The first step to breaking the cycle can sometimes be as easy as locking yourself away from the world for an hour or two (that means no phones, no email, no kids and no interruptions) and ask yourself "why am I feeling like this?" In our crazy lifestyles we tend to ignore what's going on and refuse to take time out for ourselves. In most cases rather than asking ourselves what's going on we beat ourselves up and tell ourselves things like "I'll be right", "I'll get through it", or "don't be weak" or my favourite "ignore it and it'll go away".

More often than not it just doesn't cut it. Thankfully our bodies are extremely clever machines and if you don't make time for yourself – it will make time for you. You'll get sick, you'll be tired, you'll get an injury, you'll feel exhausted mentally etc. Something will happen that is going to make you slow down & look after yourself. So rather than it getting to that stage, make time for yourself and don't let yourself feel guilty about it! (*Note for those who feel guilty about giving themselves time: Think of it this way, if you make time to figure out why you're feeling unmotivated and unfocused it means you'll be so much more efficient when you've figured it out and get back on track. And I know that you're loved ones and friends will appreciate the motivated and happy you, rather than the unmotivated, unproductive and sulky one!*) So sit down and ask yourself some questions.

- Are you tired?
- Has something triggered you to be upset?
- Are you overworking?
- Are you stressed about something?
- Is your diet on track (if you're not eating right you'll feel lethargic and tired).
- Are you drinking enough water?
- Are you overtraining?





Take some time to just chill out and figure out where you are at and what's going on. Quite often we actually know what's going on, but we have so much else happening we keep ignoring and putting off how we feel which in the long run makes things much worse!

Snowball Effect:

If you've been honest with yourself and asked yourself those questions above (and I mean given it a really good go – not just spending 5 minutes at your desk until the phone rings and then not go back to it) but still feeling unmotivated what do you do?

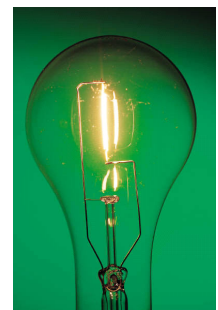


The answer is – stop thinking about it and DO SOMETHING! Don't think about it, don't plan it, don't over analyse it. Just do it now! Do 20 squats right now (I don't care that you're in the office – who cares if you look silly!), Go for a 10 minute walk (consider it your smoke break), go and grab a glass of water (rather than that chocolate bar), look on the internet for some healthy soup recipes, call up a friend and commit to going to the gym together, confirm you're going to a group exercise class, book in those things that you keep putting off (dentist, hairdresser, massage ..), book in for a coaching session to get excited again by your goals, sign up for We Can Lose A Million, buy a workout DVD you can do at home, call your partner and ask them to cook you a healthy dinner tonight..I don't care what it is – or how small it is... Just MAKE IT HAPPEN!

Many of you would have heard me say before it's all about the snowball effect. Once you get started, momentum creeps up and takes over. Before you know it things just keep happening and you're on a roll. Why am I being so intense about you doing something right now? Because here's the cool thing, once you do one thing you'll feel better and you'll get a spark of motivation. And here is the even better thing is, once you start doing it is so much easier to keep going. Tell yourself you're only going to go for a 5 minute walk and there is a good chance that you can convince yourself to stay out for 10! It really doesn't have to be that complicated. If you've eaten really badly today it doesn't mean that you can throw in the towel and start again tomorrow. No – go and grab an apple! Go for a small walk. It won't reverse the damage but it'll help your mindset (rather than feeling guilty and wallowing in your own guilt!).

So get out there and do something – seriously... RIGHT NOW!!

By the way, for the record this doesn't mean that you have to apply an "all or nothing" mentality to finding your motivation. In the past, particularly before I was a PT I would kid myself and think that I had to be "motivated and positive" all the time. Guess what guys – it just doesn't happen! I'm not saying that to deflate you and tell you that life's not great (far from it). I'm just trying to reinforce common sense. There is no magic switch that will "flip" on if you go for a 5 minute walk and then BANG it'll make you an exercise junkie that wants to only eat lettuce leaves for the rest of your life. There are going to be times that you're feeling unmotivated and unfocused and that's ok! Check in with yourself. Are you being lazy / letting yourself getting away with it or do you really need the break? That's why it's so important to take time out and ask yourself what's going on for you.





Now I started out this article saying how unmotivated and off track I had been recently. So here's my list of things that I've done to help myself get out of my rut. I hope that you can take something out of it and by sharing it with you it means I'm now accountable to you ☺):

- I started to plan my meals again (rather than getting home at 9pm and eating anything and everything in site because I was starving and it was too late to cook anything)
- I got Glen involved in the process. I told him what I needed and asked him to help me out (and he's a great cook so it's a bonus!)
- Sharing with people what I need help with, where I'm falling down so that I'm accountable
- Increasing my water intake (seriously – this stuff is gold! It increases your concentration which in turn helps with motivation / energy levels etc)... Go grab a glass now!
- I booked in a meeting with my business mentor & setup new goals that are exciting
- I've booked in to go to a networking /presentation breakfast next week to get out of the office & meet some new people
- I cleaned my workspace. This sounds really silly – but it gives me such a 'clean space' to work in! I tend to believe that your workspace / living areas tend to be a reflection of where you are at mentally (and my desk was a mess when I was unmotivated!)
- I've found myself a new Personal Trainer to increase my exercise & challenge me (yup – I get tortured too!!)

So I hope that this has helped you realise that being unmotivated and unfocused happens to us all! I also hope that this article has inspired you to get out there and DO SOMETHING no matter how small it is. And if you're up for it EMAIL ME! Tell me what you've decided to take on ☺

Remember guys: Don't wait for it to happen - MAKE IT HAPPEN!!

Happy Health & Fitness

Luv Amanda xox

(PS: I'm serious about you emailing me and giving yourself accountability... what do you have to lose really? Nothing! But you've got that fire and motivation to gain – so give it a go! Promise I won't bite!) AR xx

