



Igniting and Sustaining Motivation: Your Personal Guide

Motivation is that inner fire propelling us forward, yet it's more complex than what meets the eye. Life's ups and downs can play tricks on it, making it essential to understand what fuels YOUR drive. What fuels your drive will be completely individual, and sometimes hard to discover.

Let's dive into what can dampen our motivation:

Stress

Sleep Deprivation

Lack of Support

Past Setbacks

Unrealistic Goals

Forgetting to Prep for Success

How to Cultivate and Keep Motivation Burning Bright:

Discover and Remember Your "Why": Focus and reflect on the deep-rooted reasons behind your journey—whether it's reclaiming health, embracing vitality, or a specific goal that resonates with you. Once you discover your why, take a look at some helpful tips below that can help support you keeping this burning bright:

- Set Realistic Targets:** Research shows even a modest 5-10% weight loss can yield substantial health gains. Begin with achievable milestones.
- Claim Your Morning Space:** Allocate time each day to prep, ensuring a calm, poised start rather than a rushed beginning.
- Cherish Positive Moments:** Jot down the day's triumphs, big or small. This practice not only boosts motivation but also nurtures mindfulness.
- Streamline Your Environment:** Bid farewell to tempting junk. A clean pantry and fridge pave the way for success.
- Lean on Your Support System:** Reach out to friends, family, or online communities for encouragement.
- Rewards on the Horizon:** Set milestones to evaluate your progress and plan enticing rewards—a spa day, a captivating book, or a wardrobe refresh.
- Prioritize Quality Sleep:** Assess your sleep habits for improvements. Consider using the CBTi coach app, [sleeping blogs](#) or consult your physician.

- Move Every Day: Start with 5-10 minutes of walking or gentle stretching. Witness the immediate benefits that motivate you to do more.
- Carve Out "Me Time": Dedicate moments to activities that bring joy, whether a quiet morning coffee or a leisurely neighborhood stroll.
- Tech Detox: Disconnect, even briefly. Engage in restorative activities like napping, journaling, or mindful breathing.
- Nurture Creativity and Hobbies: Engage in artistic pursuits or rediscover cherished pastimes to infuse your days with fulfillment.
- Practice Daily Mindfulness: Stay rooted in the present with practices that foster mental clarity and reinforce your goals.
- Celebrate Daily Efforts: Regardless of outcomes, commend yourself for every step you take towards your goals.

Remember, if motivation seems difficult, it's okay to take a step back. Grant yourself grace and revisit your goals when the time feels right. Forcing progress rarely leads to lasting success. Reflect, recharge, and return with renewed energy. You've got this!