



Stay Motivated by:

- Be aware of the goals you plan to reach and the goals you have already reached
- Keep visible signs of progress (like photos, before and after)
- Add variety to your routine



Remember:

- Slipping up is normal
- Look to others for help in staying motivated

Question:

What changes have you made so far that you are most proud of?

What is easier or harder than you thought it would be?

Think about the positive changes and give yourself credit for them

Variety:

- Try new recipes
- Visit new restaurants
- Try different condiments instead of using the same ones over and over

According to Joshua C Klapow, Ph.D:
The key to staying motivated is similar to fuel in a car. You don't need the motivation tank to be full to drive, you just need to prevent it from running empty.

Most people see a drop in motivation as a signal of failure, but it's not. If you notice that your motivation is waning, give yourself a break, but don't let the break last longer than 1-3 days.

