

I spoke about not just getting motivated but staying motivated. We've all been there before- we start something new and we are ON FIRE about it. And then gradually, bit by bit, we start to lose steam.

It is important to take our mindset out of a negative thinking loop and put it back into a positive thinking loop. One of the things that really works for motivation is feeling good. If you are sowing joy, you will reap joy.

*"Get off the Carousel of Crazy and ride the Ferris Wheel of Fabulous!"* - perfectly penned by Sarah!

Start with one little thing. When we keep trying to do the same things that haven't worked in the past, we get in our own way. Starting with this one little thing is going to cause a domino effect. Instead of becoming overwhelmed by "I have to get this whole house clean," remember that you don't have to do it all at once. Start with one area, and slowly but surely you will get to everything. Its like a relay race- each time you complete one area you will celebrate a small victory, and it will motivate you to continue on to the next area. I am using a house as an example, but it can be a habit, ritual or routine.

Motivation is an inside job - it doesn't come down from the heavens like manna, or pop into your inbox like, "Hey- it's me, Motivation!" You have to work to keep that motivation spark alive!

How do we do this? Get your environment set up for success. Get rid of the clutter. Get rid of the things in your pantry that distract you from your health goals. Start with something that you can have victory over today - we have to bring motivation into our lives daily.

Use your well-established habits to piggyback new habits. I start my day by putting my coffee on, then unpacking my dishwasher while it brews, and finally completing a 4-minute workout before I reward myself with the cup of coffee. See how those tiny victories encourage me to keep going?

The next step is to show up and have a community that supports and encourages us. We do not quit on ourselves -- ever. You are worth every ounce of effort. Commit to it. We commit to our jobs, spouses, and children. Commit to the process of what you're doing and watch yourself find joy in the journey.