

“Self-satisfaction alone cannot determine if a desire or action is positive or negative. The Demarcation between a positive and a negative desire or action is not whether it gives you an immediate feeling of satisfaction but whether it ultimately results in positive or negative consequences.” - Dalai Lama

We have spoken several times about our choice between two pains: the long-lasting pain of regret that comes from procrastinating and not following through, and the momentary pain of doing it anyway.

We find ourselves confronted by this choice every day- whether to work out after a long day at work; whether to forgo the unhealthy sides at dinner and eat a salad instead; whether to tidy the kitchen after dinner or flop down in front of the telly.

It is important to keep our focus on the outcome or consequence of our actions instead of the momentary satisfaction that we may get from them. Will eating that candy bar help to support my weight loss? Will neglecting my chores and watching TV make my life less stressful? Will sitting on the couch help me run that 5k next month?

When you do something consistently, you will get consistent results. When you consistently follow an anti-inflammatory diet you will find your health improving. When you consistently give up on your exercise routine, you will consistently fail to get stronger and leaner.

Now, don't confuse consistency with perfection!

Sure, you may fail from time to time - you are human after all. But even after failure, you will again find yourself confronted with the choice to do better next time or to keep regressing into a cycle of bad habits. Will you choose the pain of regret or the pain of following through?

Here are 5 ways to help you follow through and get the results you deserve:

- Put the focus on your vision and picture yourself as you want to be.
- Create a piggyback habit to further your goals. When my Mother quit smoking, she pictured healthy pink lungs every time she craved a cigarette, and then went for a walk. See how the walking helped to support her vision of healthy lungs?
- Ghost the things that no longer serve you. Just say no and stop wasting your time and energy on them. Use your tools to help you be successful. Be proactive about dealing with your carb cravings by taking Leptifix and CraveCrusher in the morning. When you feel a craving coming on, take your L-Glutamine.
- When you constantly let yourself down, you get stuck in a loop of negative thinking. Create sustainable habits and stick to them. Reward yourself for following through and remind yourself constantly that you are worthy.
- Get your community involved! Join the Hot Melt Sprint Group and let us cheer you on! Write about it in your journal, put gold stars next to the items you complete, and brag about your achievements. Acknowledge yourself for doing hard things.

And one last gentle reminder- your environment is either set up to support you or hurt your progress. You can't live in Willy Wonka's Chocolate Factory if you have a sugar addiction. Give yourself a fighting chance of success!

You don't need willpower, you just need YOUpower.