

No motivation to work out? Too tired to cook healthily?

No time to do ALL.THE.THINGS?

What if I told you that we use the lack of motivation as a catch-all excuse for staying on the couch, not eating the way we are supposed to be eating, or not doing any of the things that push us out of our comfort zones? What if we started to be honest with ourselves, and analyzed WHY we don't want to do those things instead of making excuses for why we aren't doing them?

Sometimes, we act like Motivation was supposed to come knocking on our front door, and somehow got lost on the way over to our house. The truth is, we have to CREATE our own motivation, it doesn't just magically appear.

We have to be in the place of questioning ourselves-questioning our actions and our motives. We question everyone around us, don't we? You might ask your spouse, "What did you mean by that?" or wonder whether your teenager is telling the truth, or if a co-worker has a hidden agenda.

If the quality of our lives is based on the quality of the questions we ask ourselves, then we need to ask better questions. If we want to be fit, we have to do things that fit people do. Remember the WHY Framework I spoke about a couple of weeks ago? You have to dig out the answer and keep asking the question WHY until you find your core reasoning hidden underneath all those excuses.

I want to exercise. WHY? Because I want to be able to play with my grandkids without getting winded. WHY? So I can take my grandkids to the park more often. WHY? So that I can be more active in their lives and make fun memories with them.

I want to exercise BECAUSE I want to be a more active grandparent. See how that works? There is your motivation.

In the book Tiny Habits by BJ Fogg, he says just do one little thing. For example, put on your workout clothes. Remember how your child would put on a Superman cape and fly around the house? Think to yourself, I am already in costume so I may as well exercise. The hardest part is putting on the clothes.

To get off the Carousel of Crazy, we have to flip our thinking. When you start something new, make the decision to just show up. Not run for two hours on the treadmill at 4 am every morning, not sprint your first half marathon next month- that just sends your brain into overdrive and you'll start to think of all the reasons you can't do it. Remember, your amygdala doesn't like change. But when you make the decision that all you are going to do is show up, you make it easy for your brain to process.

When you are ready to ditch the excuses and start making proactive decisions that light your life up, start with the WHY Framework, put on your costume and just show up.



Motivation + Momentum = Magic.

Let go of the excuses! This is your gateway into the life you want to live!