

Yesterday, we spoke about Motivation, and how it lives inside each one of us. This is the week of "**WHAT IF**," and it gives us the opportunity to start thinking about the possibilities in our lives. It helps us figure out our drivers -what do we want, and what do we need to do to get there?

WHAT IF I felt as good as I do after the Hot Melt Sprint, all the time?

WHAT IF I stuck with my workout routine?

WHAT IF I hydrated properly every day and engaged in a self-care practice?

Motivation never comes knocking, Lovely, it's an inside job. It may manifest in different ways, but it's already there inside of you.

It's like in The Wizard of Oz - Dorothy already had what she needed all along to go where she wanted to go, and it had nothing to do with fancy shoes.

As Glinda the Good Witch said: "You always had the power, my dear, you just had to learn it for yourself."

Now that you know where to find motivation, let's figure out the directions:

1. Make a list of what needs to get done.
2. Calendar it like a doctor's appointment - and keep it!
3. Put your costume on and do the hard thing for just 1 minute.
4. Your feelings shouldn't be running your life. Put Action in the driver's seat and let your Feelings sit in the back.
5. Focus on solutions, not problems.
6. Food is information for your body, and it will directly influence you.
7. Eat your frogs FIRST!

Motivation is as fleeting as feelings. You know what motivates you, whether it's a photo, a doctor, a diagnosis, or maybe you're just sick and tired of being sick and tired.

In Oz, it's always best to start at the beginning and follow the yellow brick road. For the rest of us, it's always best to start with the Hot Melt Sprint and follow the plan.

Believe in yourself, do all you can excellently - commit, recommit, be accountable, and be willing.



**You have plenty of courage, I am sure.
All you need is confidence in yourself.**

-The Wizard of Oz