

## 3 Awesome Motivation Tips To Help You Stick With Those New Year's Resolutions

You'd wanted to make some changes to your lifestyle for quite a while and so, like millions of people the world over, you grabbed the seasonal opportunity to get to grips with eating better and working out more frequently.

And I expect that you started really well- you noticed how powerful and alive you felt after each workout. You noticed how the energy just flowed from your pores as you started eating those delicious and nutritious foods that your body was crying out for all those years. And no doubt you also noticed the way your confidence was climbing ever skywards. Go on- admit it. You *were* feeling pretty awesome.

But almost out of nowhere, things began to change, and not for the better.

Energizing workouts were soon replaced by an extra hour in bed, vitamin-packed food was ditched in favour of anything quick and microwavable, and, to be quite honest, you'd half-forgotten those resolutions, and are hoping you can sweep them right under the carpet and forget about them. But not so fast!

If you continue down that slippery slope, all of that positive work will have been in vain and you may as well have never even bothered at all.

**Don't let that happen.**

**Don't let yourself become like the 78% of Brits who utterly fail before the first few weeks have come to a close. You owe to yourself to do better!**

All you need is an effective dose of uplifting motivation and you'll discover the momentum to keep moving forwards towards those dreams, even when you really aren't in the mood and would rather be snuggled in bed eating crap.

So hold tight and keep reading to discover three incredible health and fitness motivation tips that will set you up for success. They're my absolute favourites, and I promise that they'll make a huge difference. Let's take a look.

*"If you're tired of starting over, stop giving up"*

You're getting sick and tired of trying to make the same old resolutions year after year when they never seem to make a blind bit of a difference and your life never seems to change for the better. So why even bother? *It's just too difficult. Perhaps you could get used to feeling fat, sick and low on energy? Perhaps it's not such a big deal if your love handles make you cringe?...*

But do you know the truth about why it's not working for you? I'll give you a clue: it's not the fault of the new healthy habits that you are trying to implement, it's not the food or the exercise or any of that stuff.

**It's your mindset**, and your habit of just throwing in the towel when the going gets tough.

Changing your habits and working towards better health is a big deal and no one said it would be easy. You *will* find yourself out of your comfort zone from time to time, you *will* need to push yourself beyond what you thought you could achieve, and you *will* need to be willing to change your daily habits. And this is all really positive and healthy.

But it's what you do when you're faced with these challenges that counts. If you just quit when faced with a challenge, you will never ever get the results you are looking for. So instead of giving up, start fighting back and give it all that you've got!

*“Work out because you love your body, not because you hate it”*

Your body is amazing. It's the living breathing thing that carries you through the world and helps you experience everything wonderful in the world, and helps your dreams to become reality. The two of you are in an intimate relationship with each other, working as a team to enjoy this amazing thing we call life.

And to carry on enjoying this beautiful life, we need to take good care of these bodies of ours. Which, as you already know, means eating the most nutritious foods, becoming more active, reducing our stress levels, watching our alcohol intake, and also paying close attention to our happiness. This is what self-love means.

But if you intensely *dislike* your body and want to punish yourself for those 'disgusting' love-handles, flabby behind, or whatever else you'd like to change, you'll never be able to stick to your resolutions. You'll push up your stress levels, procrastinate about it all, and slowly drown in your own negativity. So of course your gym workouts will feel about as appealing as walking on hot coals. Of course a fatty, calorie-rich, cholesterol-laden burger sounds more appealing.

When your actions come from a place of positivity and love, you are more likely to stick with your resolutions for your own higher benefit, no matter the challenges that you might face along the way. I'm quite aware that this might sound like hippy-speak but I can assure you that it absolutely works. Get out there, feel good about yourself (even if you need to work hard at this part) and act from a place of love.

*“Working out makes me feel happy, healthy, strong, confident, amazing, fresh, sexy, unstoppable. “*

Can I tell you a secret? I don't exercise in order to stay in shape or keep off the excess pounds. I'm not looking to lower my blood pressure or keep looking young and beautiful, although these are all kick-ass side effects.

The truth is, I exercise because **it makes me feel utterly unstoppable**. It unleashes that strong, healthy and powerful woman within me, and I have the world at my feet and nothing whatsoever to stand between me and my dreams. It feels incredible.

This is what keeps me active no matter what the weather is doing, what my hormones are doing, or whether there's something I just can't miss on the telly. To put it simply, when something makes us feel good, we're going to want more of it, no matter what the thing in question might be. And you too can harness the same power to keep you motivated.

So next time you're inventing excuses not to go the gym, remember how amazing it will make you feel, and you'll be there in a flash!

Don't believe that you'll never succeed with your New Year's resolutions to get fit and healthy, because, given the right motivational tools and info, you can and will make it through to claim the health and happiness you deserve.

Just remember to stick with it, love your body, and remember how darn good it feels! You will become unstoppable too!

And don't forget that you can [drop me a line](#) if you need extra help and support making and sticking to those resolutions. Until next time!