

Motivation!

Build your motivation so you can stick to your healthy habits

Do you have a goal you're struggling to reach and new habits or daily practices you're trying to stick with?

Do this exercise to build intrinsic motivation that will help you stick with your habits and achieve your goal. Your goal can be anything to do with health, finances, career, relationships, or any other area in your life.

What is your goal? _____

You must answer YES to the following questions:

1. Can you do it? Yes / No
2. Will it work? Yes / No
3. Is it worth it? (i.e., the benefits) Yes / No

If you can't answer yes, you need to re-think your plan until the answer to all 3 questions is YES!

Following from Q3, what are the benefits of achieving your goal?

Based on these benefits, is the following formula true?

Consequences / benefit
/ what you will achieve



fear / challenge / discomfort
associated with the process.

The benefits MUST outweigh the challenge associated with the process in order for you to move forward and stick to the plan. This is your big 'WHY' or your reason for doing what you're doing.

Write out these benefits on a clean piece of paper, explaining how they *outweigh* the challenges / fears / discomfort associated with the process, and read it every morning, to carry you through the day until you achieve your goal!

If you want to take your learning further and achieve your health goals by Christmas, join our [4 week Pre-Christmas Health Challenge](#) to approach Christmas feeling confident, refreshed and in control! [Click here](#) to learn more or visit recipeforhealth.com.au/pre-christmas-refresh/

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