

MAINTAINING MOTIVATION



BY JENNIFER ATKINS

WHEN YOU FIRST SET OUT ON A NEW VENTURE, WHETHER IT IS ACHIEVING YOUR IDEAL BODY OR EMBARKING UPON A NEW CAREER, YOU TEND TO FEEL PRETTY PUMPED AND HAPPY TO GET STUCK IN AND DO WHAT NEEDS TO BE DONE. SO WHY DOES THIS MOTIVATION WANE AND HOW CAN YOU KEEP IT?

Life has a natural ebb and flow that occurs at all times, whether it is in your personal or business life. It's your job to recognise when you are going with the flow or resisting it. You cannot force the good times to continue always. Life has seasons, both figuratively and literally. Some are longer than others and some are harsher than others.

There are times when things seem out of sync and you feel uncomfortable. The key here is to stay focused on your vision, and to not resist natural and inevitable change. Resisting only saps more of your energy, so accept that you aren't feeling on top of things as you usually are and know that it will pass.

It is very easy to start doubting yourself when you are not feeling your best and things aren't going your way. However, if you doubt that you can have what you want, you are telling your subconscious mind that it will not happen. It is only when these contradictory thoughts, talk and images are removed that you will manifest your desired results.

Quite often we look to see what others are doing or achieving and this can get you into seriously unmotivated mode, especially if you see them as having, or doing, more than you. It is a mistake to compare yourself to others. If you accept yourself and things just the way they are, you will never succumb to the feeling of never being good enough.

If everything seems all too hard, it's extremely helpful to dig deep and discover what your beliefs are around your goal or vision. It's time to be brutally honest with yourself.

I recently had a client whose goals included: increasing her fitness to be able to do one hour of cardio (she was a bit of a couch potato), reducing her blood pressure to within normal limits, increasing her self esteem to love herself unconditionally, increasing her energy and vitality levels, and losing 20kg.

This client can now do one hour of boxing, no longer has to take medication for her blood pressure, feels so happy in her own skin, has energy to burn and is loving life! The only goal that she had been struggling with was her weight loss goal. Whilst she had lost a total of 8kg, which is fabulous, she wasn't where she wanted to be; remaining the same weight

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for weeks. Needless to say, she was feeling pretty unmotivated to continue. She has been spot on with her nutrition and training, and wasn't seeing results.

In our coaching session, we discovered that even though she badly wanted to reach her goal and was prepared to do anything to make it happen, her beliefs around this did not support her. What you want doesn't necessarily align with

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what you believe.

This client has been overweight since she was a child, so the belief of “I will always be overweight” or “I will never be 60kg” is strongly embedded in her subconscious mind. Consciously, of course, she wanted to lose the weight and reach her goal; however, if your belief does not align with this, it just won't happen.

Once we identified the limiting belief that was preventing her from achieving weight loss, we replaced it with a positive belief that supported her goal. She went on to lose 3kg in the next couple of weeks, and is continuing to see results. If you are finding it difficult to identify what your beliefs are, you may want to see a life coach for help. Once you identify your

leaves you feeling like a failure. Please know you are not a failure and this can be easily changed. To change the outside, you have to change the inside.

Change your belief, and your thinking automatically changes. Change your thinking, and your actions change. Change your actions, and your results change. Belief is your subconscious mind and will power is your conscious mind. Subconscious mind will always trump conscious mind because it is an embedded belief. Therefore, depending on what you personally want, align your beliefs with the desired outcome and you will find it so much easier to stay motivated, on track and achieve all your dreams. ☉

www.jenesismindandbody.com.au

Jennifer Atkins is a qualified Life Coach, NLP Master Practitioner, Personal Trainer and the founder of Jenesis Mind & Body. Jen has a Diploma of Health Science, certificate of weight loss nutrition and has 20 years experience in health-related fields. Coming from a successful career in the health industry, Jen has found her true passion in her business Jenesis Mind & Body, where she hopes to have a positive impact on women's lives worldwide by helping them be healthy, happy, fulfilled and achieve the life they desire and deserve. Jen believes an outstanding life begins with optimum health and the correct mindset and so she has created Jenesis Mind & Body for women to excel.