

Personal Motivators

My key reasons for change

It takes time, effort and sacrifice to change your behaviours in order to change your life. It takes real commitment to prepare healthy meals, plan snacks, resist your favourite treats, be more active, or keep a daily journal. It's important to feel that this hard work will pay off for you personally. A 'personal motivator' can give you the FOCUS, CONFIDENCE and DETERMINATION you need. It's what makes all the hard work worth it in the end! It's a fact that you will be more motivated if the changes you are making are in line with your personal values. What do YOU want? Not anyone else, YOU. What is MOST IMPORTANT to YOU?

Take time to consider these questions. Really think about your answers.

What do you value or care about most in life?

What matters more to you than anything else?

What would be better in your life, or what could you keep doing that is important to you, if you were to become and remain healthy?

How would you like your life to be different?

These are your 'personal motivators'. They are unique to you. They are YOUR key drivers and reasons for change. Keep your 'personal motivators' front and centre in your mind. Your 'personal motivators' are more powerful than your 'in the minute' desires. They will give you the strength to make healthy decisions, take positive action and motivate you to stay on track.

What matters most to me? What are MY motivators for change?

Have more energy

See my grandchildren grow up

Have less joint pain

Qualify for life/mortgage insurance

Improve my sex life

Rely less on other people for help

Sleep better

No longer need a seatbelt extender

Decrease amount of medication I take

Have more self-confidence

Buy clothes in regular retail stores

Worry less about my future

Be a positive role model for my kids

Able to cross my legs and tie my shoes
