

Motivation

by Derek Griffith

When I think of motivation, I think of preconceived positive thoughts or ways that I can drive my life to be the fullest it can be. Fitness is a power tool that helps keep your thoughts and emotions balanced throughout your day; everyday! Motivation is a key that can help unlock your positive vibes to push you to be all that you can be. Like most people wanting to get in shape, I constantly have to reset goals just to keep myself satisfied with the way life is unfolding. Whether they are related to work, family, or fitness, goals are one of the most important tools when striving for success.

There are many different ways that one can be motivated. A very important and simple motivational tool is a well thought-out plan. People want to work out either to become more fit overall, or to achieve specific physical goals. With that in mind, ask yourself this: When architects design a complicated structure, do they just 'wing it'? No! They have a highly detailed plan or blueprints of the strategy for that structure. The same planning applies for building a specific physique. A plan needs to be put together so you know how to "build that structure." Knowledge is power. If you have a structured plan than you can determine what kind of goals you can realistically achieve. My definition of a PLAN is an organized daily agenda for a specific routine - preparation is a key to success.

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Another good way to get motivated is to think clearly about what you are trying to achieve and use all the positive energy around you to guide you to your destiny. Think of how much your goals mean to you and that you are willing to do ANYTHING to achieve your final result. Having the mental stability to focus on your priorities and understand what you need to change in your lifestyle takes motivation. If you are lacking motivation at this moment, think of your priorities and make sure you have a clear view of your top priority. When it comes to motivation, KNOWING your goals is as important as DOING what it takes to achieve them.

Read and find out everything about your goal that you can. Be sure to look for information that is backed by accredited source, such as the American Council on Exercise (ACE) or CANFITPRO - be careful not to be suckered into someone's hard sell. All you can do to be motivated is have solid information and excitement about what your goals are.

If all else fails, check www.fitnessfanatik.com for a daily dose of fitness motivation and fun!

