

Motivation Secrets

The #1 cry for help from people who want to get into shape was for motivation to stick to your exercise and diet plan. If you get started but can't last 2 weeks, or worse, if you just can't seem to find the motivation at all, I have great news. But you might not know that Jim's an expert in the psychology of weight loss, so I knew I had to ask for his help about your biggest problem. Jim agreed to share his 3 biggest motivation tips he has to help you STICK to your program, get fit forever, and lose fat permanently.

But here's my WARNING: You are NOT going to like some of these. They will demand you take a hard look in the mirror to see if you are really a person who wants to succeed. It is my challenge to you to put these secrets into action. I believe in you. I know you can do it. All you need to do is TAKE ACTION!

Motivation Secret #1 - Focus on Avoiding Pain Humans are always most motivated by avoiding physical and emotional pain. That being said, to create the greatest level of motivation, you need to master the use of pain. For example, take a few moments and answer the following questions sincerely, and really connect into your answers.

- 1) What would your body look like and how would you feel in 5 years if you stopped working out and eating well?
- 2) Would you feel more frustration, depression and regret?
- 3) How would that lifestyle affect the relationships in your life?
- 4) What will you miss out on if you choose to live that way?
- 5) What would it be like in 10 years, 20 years? You're not working out and eating well to lose weight and have a nice body, you're doing it because the entire quality of your life literally depends on it.

Take 3 minutes to really think about those questions. They will help you identify the deep motivating factors to help you lose weight.

Motivation Secret #2 - Focus on Achieving Pleasure Why do you want this new body? Are you going to be more confident, outgoing, and passionate? Do you think the success with your body will help you in other areas of your life? Think about these things. Changing your body has to be about more than just pounds, inches, and percentages. You need to think about how much better every area of your life becomes when you live this way. When you realize how much better it feels, you'll start to become addicted to the energy, success, and accomplishment.

Motivation Secret #3 - Ask Yourself Better Questions Often when people "fall off the wagon" they start asking themselves questions like "why can't I stick to a plan?" or "why don't I have any willpower?" or some version of why they're a bad person. Ask more helpful questions like... - "how can I get back on track quickly and easily?" - "how can I make my workouts more fun and interesting?" - "how can I make eating well easier and more natural?" When you ask questions like this, you can begin to think about the solutions rather than the problem, and your success will come quicker.