

Weight Loss Motivation - How To Get It And Keep It

These days it seems like everyone wants to lose weight. Whether it be for appearance issues or health reasons, it is becoming quite the trend. But we all know that it is not always easy to lose weight.

Weight loss motivation is one of the hardest types of motivation to acquire. Why is that? First of all we need to have food to survive. It is not something that we can just put away and never pick it up again. So healthy eating is one goal that we need to set for ourselves. This goal will give us a tool to weight loss motivation.

Another goal that we need to set is for exercise. You can't just cut down the food intake, you also need to exercise and raise your metabolism rate. One mistake that people make when trying to lose weight is that they deprive themselves of all the foods that they love. Wrong! You can have anything in moderation.

If you try to deprive yourself of the foods that you love, it will back fire on you and you will end up eating more than normal. Also, it will de-motivate you if you have the mindset that you can never have that favorite piece of chocolate cake again!

So setting goals is probably the first step in weight loss motivation. Set realistic goals for yourself. If you think that you can realistically stand to lose 15 pounds then write it down. If you think that you can start that goal by running 1 mile per day, then write it down. Maybe you can only walk 1/2 mile per day.

Whatever you think you can do realistically, will be your new goals. Just do not set them too high. Make sure that they are goals that are possible to meet.

It is a good idea to write the goals down and keep them where you can look at them daily. This will remind you of what is important to you and why you are wanting to achieve weight loss motivation.

Reward yourself when you lose a pound or two. Pat yourself on the back, buy a new sweater, or do whatever it takes to make yourself feel better (no food rewards, though!) A reward must be something that you desire. If it isn't, then it is not a reward and it will serve no purpose.

Out of all the reasons to get motivated, such as financial gains, workplace motivation, etc. Weight loss motivation seems to be the one most sought after and the most difficult to obtain. It can be done. It will eventually become a habit to do the morning workouts and replace the old habits in your life.

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About the Author

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain lasting motivation. Apply now because it is available for a limited time only at: <http://www.secretsofmotivation.com/>