

6 MOTIVATIONAL STRATEGIES

Try these strategies for staying focused and motivated - they're the same ones I used during my own Transformation and continue to use daily on this journey of self-discovery.

1 - CREATE A SUCCESS BOARD.

List your achievements and goals, add photos, attach mantras and affirmations - anything and everything that will fire you up and push you forward toward your success. Post it where you will see it everyday.

2- MAKE YOURSELF UNCOMFORTABLE.

Keep yourself challenged and inspired by living outside of your comfort zone. You'll be extra satisfied when you achieve something that isn't in your normal skill set, routine or habit.

3 - CREATE INTERVAL SUCCESSES.

Any time you can take the opportunity to celebrate your achievements, big or small, it fuels your motivation and helps to stay happy along the way.

4 - PAY ATTENTION TO HOW AWESOME YOU FEEL.

On days when you feel challenged, sluggish or unmotivated, remind yourself how healthy, confident and sexy you feel. I remind my Body By MJ clients daily. It helps keep them inspired.

5 - TRACK YOUR ACHIEVEMENTS.

Big or small, note every objective you reach. Then review it at the end of the day to keep yourself fired up & focused for the next day's challenges. Remember, "what you track improves".

6 - REACH OUT TO SOMEONE WHO NEEDS YOUR HELP.

Nothing is more motivating than helping someone else live their life a little better.

*"when what you want is more important than what you are
willing to give up, you will succeed"*

michele jamison