

# Know Your Motivation

Most of us are experts at coming up with reasons and excuses why we can't change our behaviour. Change can be hard. At first it can be a challenge, which is why most people don't bother. When we do the same things over and over our brains just cruise in automatic pilot so our brains get comfortable with our daily habits.

To make lasting progress, you must know what's motivating you to be healthy. Why do you care? For you to break old habits, that have kept you being overweight, unhappy and not functioning at your potential you must know what your motivation is.

Write down your specific motivation and put it where you can see it every day. What's important is that you use positive language, and we want to encourage you to be thinking of what you want in the most positive of ways! You already probably know what you don't want in your life and what you don't want to feel, but now is the time to focus on what you DO want. So that means you are focusing on how you really want to feel and what you want to experience.

Remember there is no wrong and right answer but it's very important you are honest with yourself. If you get stuck try adapting some of the examples from our positive list, and remember you can always review or update this sheet later in the course.

## **Positive examples and reasons:**

- I want to live longer
- I want to have more energy
- I want to look great
- I want to feel better
- I want to have better relationships
- I want to be happier and smarter for the long run

## **Negative examples and reason:**

- I want to avoid getting diabetes
- I never want to feel like I don't fit in
- I want to avoid being embarrassed taking my clothes off

## **My reasons:**

