



## The Oreo vs. Kale Dilemma

If you're more motivated to sit down with a package of Oreos and have a Downton Abbey marathon than get up and move or make a salad, (or whatever your New Year's intention might have been) then this is for you! Personally those darn Girl Scout Thin Mints have been calling my name. Luckily, I have some strategies that I employ that I'm going to share with you to help you stay the course and actually get the results you desire.

It's that exact time of year when I notice my client's motivation running stagnant. They've ridden the highs of the holidays and New Year down into the valley of cold monotony, house fever, and the winter blues. Can you relate? Their initial excitement over making a change has waned and they're in the thick of hard work to make that change happen. I believe there are **2 common culprits** to this phenomenon:

- 1) People forget the "why" of change
- 2) Monotony within the "how" of change

Let's tackle the first point. When I say **the "why" of change**, I mean your motivation for implementing change in the first place. What benefits or results will that change bring you? How will it positively impact your life? What will it allow you to do that perhaps you couldn't do before? If you lose sight of those answers, then you're going to be much less motivated to get on that treadmill when you would rather sleep another 45 minutes, eat kale rather than Oreos, or skip your favorite TV show so that you can get a decent night's rest.

When clients are at this point I suggest they do some activities to check in with their "why" on a routine basis to affirm to them that their hard work has a purpose. Here are some ideas of how you can reconnect with your initial motivation. Find the one that has the most impact for you.

- Create a vision statement and re-read it on a regular basis.

" I am (insert the change you wish to make) so that I can (result or benefit you will achieve by making the change). This is important to me because (your why). "

- Create a vision board with pictures, motivational quotes, drawings, etc. that represent what you want to create in your life and why

- Write a letter to you from the perspective of your future self. Write it as though your future self was thanking your current self for staying the course and doing the hard work of making change happen. Your future self tells you all the benefits you reap in the future as a result of your efforts. S/he tells you how life is better.
- If longevity so you are around long-term for loved ones is part of your “why”, post pictures of them as reminders
- Do a meditation in which you visualize yourself as your best self. Picture yourself already having made the change and reaping the benefits. Walk through your day or week and see how different it feels, not just in your body, but in your mindset, your confidence, how you interact with others, etc. See your “why” being played out in images and create your inner success movie.
- Think about how reaching your goal could inspire and help others. This could be part of your “why”. Perhaps even make your journey public by chronicling it via blog, email updates, Facebook posts, etc.

**The “how”** is all about the nitty gritty of actually making change happen and accomplishing your goals. By this time the same old Jillian Michaels DVD or salad may feel blah and monotonous. Try these strategies to bring some fun back in!

- Mix up your format and add in variety.  
Getting bored of salad? Try a veggie heavy soup instead. Sick of your exercise program? Try a new class or different form of exercise. Exercise alone? Find a buddy to exercise with at least once a week.
- Sign up for an event or program that will keep you committed and stretch you towards your goal. If your goal was to exercise more maybe you sign up for a 5k. If your goal was to do more public speaking you could join the local Toast Masters. If you wanted to learn to cook sign up for a class. Having a definitive date(s) can be helpful.
- Track your progress so you can see how you’re improving over time
- Consider adding in a little friendly competition or contest to make it more fun and exciting
- Mentor someone else who wants to achieve a similar goal. By helping someone else you’ll help yourself.

If you've taken action to reconnect with your "why" and have added some variety into your "how" and are still struggling, then there are 3 questions you need to ask yourself.

- 1) On a scale of 1-10 how important is my "why"?

If your response is not a 7 or higher that may be why you lack progress. Your "why" just isn't important enough to you.

- 2) Did I set a goal that was realistic and did I break it down into baby steps so as not to overwhelm myself?

- 3) Do I need more support to make change happen?

Answering these questions will give you key insight into what your next steps need to be. If you're not sure of how to proceed, I would love to help you gain clarity and stay the course to see results. Contact me at [shelly@wellfinity.com](mailto:shelly@wellfinity.com) to schedule your free consultation in March.

I know you have what it takes to make change happen!

A handwritten signature in cursive script that reads "Shelly".

**Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!**