



How Do You Stay Motivated and Achieve Long-Term Success?



Coach Lisa

I love to encourage people to consider getting signed up for a 5K run/walk that can give motivation toward a SPECIFIC goal. Maybe the goal is to walk the entire distance, maybe it is to do it in a certain time, or maybe the goal might be to walk/jog or run the whole 3.1 miles! These kinds of events usually provide a fun atmosphere with lots of synergy, music and fans to cheer you on – and with different goal possibilities, it can be a helpful and motivating idea for most everyone. Find an event that gives you enough time to prepare, but not so much time you are tempted to put off getting going with training.



Coach Angela

Great news!!! It is not about motivation; it is about a decision! Motivation is an emotion and emotions are all over the map. So if you have been waiting for emotions, you may have the tail wagging the dog! The Scripture says we are transformed by the renewing of your mind. You can make a decision and follow through whenever you decide to do it! Take small steps build a success pattern and before you know it you have established a regular habit. If you miss a day, just get right back the same day at a different time if you can... or set for the next day and keep going! Even if it is not the full 30 minutes or hour, can you do 10 minutes??? Commit to doing something toward your goal every day and you will be glad you did! You will know you have developed a real habit and it is part of your normal day when you miss your workout, and you MISS it!



Coach Katie

Write your goals down in a place that you will see it regularly! Share them out loud. Get the whole family involved.



Coach Nikki

Here are 5 ideas:

1. Schedule events every few weeks to stay on track (ex: 5ks, exercises classes).
2. Create a 3 month vision! Paint the picture where you want to be in 3 months. Once those three months are completed, time to make another!
3. Make a list of non-food rewards.
4. Find an accountability partner (not just your health coach), someone who is also working on their health journey, to keep each other accountable.
5. Plan ahead! If you know there is an event / holiday coming up, make a game-plan so those events do not take you off guard.



Coach Wendy

I have a whole list of strategies:

1. Set up an accountability that partner that will follow up with you on your goal each time you talk (maybe your Health Coach!)
2. Pray about the next steps in your health journey.
3. Remember small steps are progress toward climbing the mountain. Progress not perfection.
4. Set realistic attainable goals that are S.M.A.R.T.
5. Create a game plan for dining out.
6. Strategize with your Health Coach on how go on vacation and stay on track.
7. Use Medi-Share's Confidence and Motivation Ruler Scale.
8. Talk with your Health Coach about what you need to be successful with your goal!