



Motivation: How Do I Get Motivated to Lose Weight?

Christie Ryan

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Have you been in that place where you are clicking along, you're doing what you need to reach your goals, you're feeling positive, seeing progress and then all of a sudden you just quit? You know what you want, but you just can't make yourself do what it takes to get what you want.

People often share with me that they want to lower their blood pressure, lose weight, feel better, exercise more but they just can't get motivated. They wait, and wait some more, but motivation does not shoot them with adrenalin and get them going. They feel more discouraged as time goes on and they lose confidence in themselves. Does that sound familiar?

I think you have to "prime the pump" so to speak. When I was a kid, we had this old cistern pump several yards away from the house. I only remember using it when the electricity went off (which meant the water was off too) and 8 sweaty farm kids needed a bath! To get the water to the surface of that well, my mom or dad would raise and lower the lever several times to get the water flowing. At first, the water would sputter out a rusty trickle, but with repeated pumps, the water would start to flow. As the spout produced a consistent flow, the pumping was easier and the water more plentiful. (We still had to bathe in freezing cold water but that's not the point of this analogy).

I think motivation is similar. If we wait to get a jolt of enthusiasm to do what we want, we may be waiting a long time. But if we start small and do those small things consistently, we see results and develop a routine. THEN we hit our stride and the motivation hits.

Let me show you some quick and easy ways to 'prime your pump' and motivate yourself to start losing that weight you've been wanting to lose for a long time now.

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