

4 TIPS TO STAY MOTIVATED!

1. KEEP IT FUN.

Do a variety of things that you love and do it with friends. Start scheduling dates with your friends at the studio instead of a restaurant/bar. Switch it up and take a Samba class one week and maybe an Afro Funk the next. Keeping your workouts varied and taking classes with a friend makes keeping fit easy and FUN!

2. SCHEDULE IT IN.

Whether it's an appointment with your doctor or a SELF CARE appointment with yourself, put it in your calendar, schedule it in your week. Try to schedule in one SELF-CARE appointment (workout, yoga, massage) or moment (meditation, journaling, breathing!) per day and stick to it. BONUS TIP: Schedule in your menu for your meals too!

3. JOURNAL.

Keep a daily journal or record of your progress towards your fitness and health goals. ALWAYS make note of how you feel AFTER your workout or class- think of it as a reminder to your future self- something that you can refer back to when you're not feeling super motivated. You can also make note of your eating habits and give yourself a "nutritional score" for that day.

4. VISUALIZATION.

Take a few moments at the end or beginning of each day for this super-effective visualization meditation: start with 5-10 deep breaths then visualize yourself finally reaching one of your biggest health or fitness goals... imagine and visualize how you would feel inside and out (body, mind, spirit). Soak up this vibration as if you have already accomplished your goal.

INSPIRATION & AFFIRMATIONS TO KEEP YOU MOTIVATED!

No matter how big or small
the workout, you'll feel
energized, confident, and
strong
afterwards...

**STRIVE FOR
PROGRESS
NOT PERFECTION**

Healthy feels awesome.

**Make
what you do today
an offering to your
future self.**

Everyday
I send love and
gratitude to every
part of my
body.

You are
stronger
and can endure
more than you
think.

Be the witness, not
the judge. Focus on
yourself, not others.
Listen to your heart,
not the crowd.

Weekly Journal & Planner

Week of: _____ Focus/Theme: _____

Healthy Action Items: dance class fitness class yoga
 massage meditation gym
 walking/hiking/running other

For extra motivation, take a few moments and visualize yourself enjoying your Healthy Action Item - during and after.... ohmmmmmm....

	Action item:	When:	With:	Nutrition Score (1-10)
Monday:	/	/	/	/
How I feel after:				
Tuesday:	/	/	/	/
How I feel after:				
Wednesday:	/	/	/	/
How I feel after:				
Thursday:	/	/	/	/
How I feel after:				
Friday:	/	/	/	/
How I feel after:				
Saturday:	/	/	/	/
How I feel after:				
Sunday:	/	/	/	/
How I feel after:				

This week I am so grateful for:

Planner & Scheduling Tips:

It is proven that when we take the time to schedule and plan our priorities on a weekly, daily basis, we are more productive and intentional with our time. We can then more easily progress towards creating healthy habits and purposeful lives.

“Self care is not a luxury, it’s a priority.”



Take some time on Sundays to review your week ahead and schedule in your Healthy Action Items.

(Note: shoot for at least 4 out of 7 days, doesn't have to be everyday.)



Pick your theme for the week. Maybe it's a focus or goal or something else that relates to what is going on in your life. Examples- strength, cardio, mindfulness, balance, healing, gratitude, productivity, etc.



Fill in what, when, with (have more fun and stay accountable with a partner!) plus give yourself a nutrition score rating for the entire day. That way you can note, if you went overboard one day, you can be more mindful the next day.



Make sure you note how you FEEL after each activity. You can then always refer back to it for extra motivation or notice if you're doing some thing that doesn't necessarily make you feel that great.



Last but not least, note what you are grateful for this week. Gratitude is the key to happiness and abundance!

Tape your Weekly Planner to your fridge (or by your bed/bathroom mirror/car/computer) & don't forget to add the items to your calendar or phone!