

MOTIVATION

Let's face it, we all feel a lack of motivation at times. Whether it's that we're too tired after our day to join a live Milfit class, or we don't want to go out running in the cold. But we have 5 top tips to help you when you're feeling low on motivation.

1. To-Do lists

It can be tough to face a never-ending 'to-do list' so try to cut it down into manageable chunks or even remove some of the things from the list. Plan tasks for a particular day or negotiate with others to help complete them with you. Once you've done what you set out to do, reward yourself with a BMF live session!



2. Stop being so hard on yourself

You may be under the illusion that being hard on yourself is the way to give you that kick up the backside to get things done and in some cases, it can work. However, research has proven that self-compassion works better to overcome failure, tell you're self that you're capable of doing it, and you're half way there!

3. Better Self Care

If you have a poor diet and are inactive then it will definitely hinder your motivation levels. Certain foods that we eat can make you feel sluggish and lazy and can even slow our body's functions down dramatically.

We are built and designed to move and what we consume can hugely affect our motivation and performance, so try and create a weekly plan to include:

- 30 - 60 minutes of physical activity per day.
- Avoid unhealthy habits such as binge eating and drinking.
- Get plenty of sleep.
- Cut out excessive sugar intake.
- Have some fun and leisure time.
- Learn how to better manage your stress levels.
- Drink more water.



4. Re-adjust your goals if needed

Always ask yourself "is this what I really want?". If you feel that you've bitten off a really big task or goal then try to simply break it up into more manageable and achievable tasks. This will help take away the daunting prospect of that big goal.

5. Recall all the great successes.

Remember that feeling when you've achieved something you've set out to, then apply that same mindset and determination to a task you're feeling less excited about.

CONCLUSION

Everyone will struggle from time to time with low motivation levels, but the way in which you respond is what really matters. Don't be so hard on yourself! You're doing great!



Confidence

CONFIDENCE

Feeling sure of yourself and your abilities, not in an arrogant way, but in a realistic and secure way. Confidence isn't about feeling superior to others. It's a quiet inner knowledge that you're capable.

Check out these top 5 tips to improve your self-confidence.

HOW TO IMPROVE SELF-CONFIDENCE

1. Be happy with who you are

Start to really appreciate who you are. You must understand that nobody or nothing is perfect. In fact, there is no such thing as perfection. Acknowledging your flaws is a great way to move on and start appreciating yourself more.

2. Recall all your achievements

Focus more on your personal strengths, capabilities and achievements as this will bolster your empowering beliefs. It will help you realise just how good you are and how great you can be.

3. Stop comparing to others

Comparing your life and achievements to others will be never-ending torture. There will always be more successful, famous and wealthy people out there so accept that. It's so important to understand that only hard work and passion will get you a reward. Try to see the success of others as a driver or motivator to change things positively in your life and channel this determination. I know many who have been motivated in this way and therefore believed in themselves more.

4. Stop pleasing others

Trying to keep everyone else around you happy whilst you neglect yourself can be utterly debilitating. You may believe that by doing this you're boosting your own self-confidence, but in fact, it's the total opposite. Learning to say no takes courage at first. It shows others that you have boundaries and it gives you back vital energy to spend on yourself.

5. Move away from negative people

Misery loves company and those who are always procrastinating are stuck in a cycle of not doing anything about it. They simply lack abundance in their lives. Most of the time they will be doing this unconsciously. Try to identify those who are happy and positive and keep their company as their lust for life and happiness will rub off on you.

CONCLUSION

It's not easy to improve in self-confidence and you must realise that it takes a concerted effort if you want to see results. Remember to test and adjust and try as many things as possible until you find what helps you best. Finally, fully understand that greater health leads to greater well being and improved self confidence.



Confidence

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