

Behavior module

MOTIVATION PART 1: MOVING FROM PROCRASTINATION TO MOTIVATION

Introduction

Think of a time when you achieved a major goal you set out to accomplish. Perhaps starting a business, earning a degree, or planning a wedding?

Remember how it felt to reach your goal? Now remember the time and effort it took. It didn't happen overnight. So, how exactly did you do it?

“ *A journey of a thousand miles begins with a single step.* ”

Tao Te Ching

Sometimes when we look at a goal that seems BIG or OVERWHELMING, it seems so far away or unattainable that our motivation tends to deflate like a balloon with a hole in it.

How do we move from procrastination to motivation? We need to take the first step!

What are the steps toward your desired weight and the lifestyle changes that will keep you at your desired weight? Let's explore that.

What is Procrastination?

Procrastination is the avoidance of doing a task which you want or need to accomplish. This can lead to feelings of guilt, inadequacy, depression and self-doubt. Procrastination has a high potential for painful consequences. The feelings it generates can lead us in a downward spiral that further interferes with personal success.

Why Do We Procrastinate?

Poor Time Management

Procrastination means not managing time wisely. You may be uncertain of your priorities, goals and objectives. You may also be overwhelmed with the task.

Difficulty Setting Boundaries

You may let the priorities or agendas of others override your own. Learn to say “NO” once your priorities are set.

Fear and Anxiety

You may be overwhelmed with the task and afraid of failing to achieve your goal. As a result, you spend a great deal of time worrying about not losing the weight, rather than taking action to lose the weight.

Negative Beliefs

Thinking that “I cannot succeed in anything” and “I lack the necessary willpower to reach my target weight” may stop you from following through with the steps to lose the weight.

Personal Problems

For example, financial difficulties, problems with your spouse/significant other, etc. Distractions!!

Finding the Task Boring

Unrealistic Expectations and Perfectionism

You may believe that you MUST reach your target weight by vacation, a special event, etc. You may think that you haven't done the best you possibly could do, so it's not good enough to keep going.

Fear of Failure

You may think that if you don't reach your goal, you are a failure.

