



THE MOTIVATION BREAKTHROUGH

A 5 Step Guide to Getting Motivated
and Making Progress

Curious about why some people seem to have all the motivation, and you struggle to keep it? Let's Bust That Motivation Myth!

The Motivation Myth

There seems to be a myth that successful people, or healthy people, must be extremely motivated; waking up early, eating well, and exercising often. That is simply not true! Many times they are not any more motivated than you or I. What they have done is developed habits, or daily rituals, that progressively lead them towards the goals they wanted to accomplish.

The goal of this Guide is to help you find your path, your motivating factors and create a plan for success.

“Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do.” - Aristotle

There are a lot of versions of this quote, both long and short. But, in any form, it is true. The myth of motivation is that you either have it, or you don't. In reality, motivation comes after we act in most situations where sustainability and longevity are the goal.

Motivation (and will power) are not finite resources that we are bound to run out of. As we build success, especially small wins, it can be renewed.

That is why we wanted to help you create a system, that is actionable and doable, to help you reach your fitness goals.



P.S. This also works in other areas of your life!

Step 1: Know Your Goal

Let's start by take the time to write out your goal.

Make sure your goals are **SMART**:

Specific – your goal is direct and detailed, not ambiguous.

Measurable – Your goal is quantifiable and allows you to track progress.

Actionable – Your goals is reasonable and you have the ability to attain it.

Realistic – Your goal is practical and achievable.

Time – Your goal has a deadline.

Example: I want to lose 2 sizes by exercising 3 times a week and improving my food intake, by my sisters wedding in 4 months.

My Goal:

Step 2: Know Your Why?

One of the best ways to get motivated is to know your WHY? Your WHY is something that is usually deep and emotional. On the days you're not feeling motivated it helps to reflect on your WHY; often times it will help you push through and get whatever task needs to be done, done. We have provided 5 questions to help you find your why..



Why do you want to accomplish this goal?

Why do you want to achieve that?

Why will that make a difference?

And why is that important?

And why will that matter?

My Why:

Step 3: Create YOUR Process

We don't always have complete control over every factor that might affect our goals. For example, a pandemic... But what we do have control over is our own actions.

So now we want to turn that SMART Goal into, what we call, process goals. These process goals state that, "If I do X, Y and Z, then I should be able to reach my goal."

To help you with those we have several questions to help get your mind going...

What are 3 things that you are already doing that can help you reach your goal?

1. _____
2. _____
3. _____

What are 3 things you need to stop doing (not cold turkey, but slowly overtime), that are preventing you from reaching your goal?

1. _____
2. _____
3. _____

What are 3 things that you need to start doing to reach your goal?

1. _____
2. _____
3. _____

What limiting beliefs or fears do you have about your goal? What stories are you telling yourself, that probably aren't true, and are holding you back?

Now you have 9+ things that you can focus on to reach your goals!

We recommend to start addressing 1 action from each category. Don't be afraid to break them into stages.

For example: If you believe you need to workout 5 days a week, but you currently are not doing any days; you may aim to workout 2-3 times per week for the first month. Then add a day per week as it becomes easier and you find how it fits into your life.

Trying to cram new actions into your day, or rearranging your whole day to make something work often leads to feeling out of balance and a strong pull back to "normal".

As you do those new habit it will become progressively easier, and add to the motivation tank, fill 'er up!!

My First Action Step Is:

My Next Possible Action Is:

Step 4: Habit Stacking

Habit stacking is a fun trick to help you get more of those process goals done every day. The idea is to pair what you want to add to your day, with something you already do everyday. It can help lower the resistance of change.

For example: maybe you need to start drinking more water.

****BONUS TIP:** If this is a goal of yours, get a drinking vessel that you like! Don't like a straw, don't force yourself to drink from one. Like pink, get a pink water bottle!**

Back to the stacking... One suggestion is to fill up your favorite water bottle with water the night before and put it right next to the coffee pot, or your tooth brush. In the morning, as you reach for your coffee, or your toothbrush, you will be reminded of your goal. Sip from that water before you take a sip of coffee, or brush your teeth, and you are already succeeding! The water is there and limits the effort needed to completing that process goal.



To help with this process, start by write down some things you do every day:



Mornings:

At Work:

Afternoon:

Evening:

Now, if you want or need to stack a new habit, go back and see where you can make a match in your day.

Step 5: Accountability

Last but not least, is accountability. It may be the strongest link to success!

We like to think of 3 levels of accountability:

Yourself: Journal, habit tracking, etc.

Community: being apart of a group, a gym, or small number of friends trying to accomplish a similar goal.

Coach: Having a coach can help you stay consistent and on track because you will schedule appointments or check ins, they prepare a plan for you to follow, and they can help you navigate any road bumps along the way.

What are 3 ways you can unlock the power of accountability?

1.

2.

3.

You Did It!

We hope that this guide helps you finally reach your desired health and fitness goals.

Once you fill out this worksheet, you will have created a **plan** to outlast motivation, but also get you motivated.

We suggest that you review it weekly to track your process goals. If you have any questions please don't hesitate to reach out and ask via email, text, or social media.

Lastly, if you enjoyed this worksheet please share it with a friend who think may benefit from it as well.



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