

**Motivation and Rewards  
for Losing Weight**

 **I fit into those skinny jeans in the back of my closet.**

** I can run, jog or walk 3 mile with ease.**

** Help drop my total cholesterol to below 200.**

** Change my kegger to a 6 pack.**

** Feel good building a sand castle with my kids at the beach.**

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**How to Strengthen Your Motivation**

1. Set a goal. Break your big goal into smaller and smaller steps.
2. Understand that finishing what you start is important. Do the “I can do this!!! Oh yeah!!! I can do this!!!” happy, victory dance.
3. Socialize with people with similar goals, since motivation and positive attitude are contagious. You are three times more likely to lose weight with support.
4. Be prepared for falling off the path. Learn from your mistakes and focus on progress not perfection.
5. Persistence, patience and not giving up, despite failure and difficulties, keep the flame of motivation burning. Never, never, never give up.
6. Read about fitness and weight loss. This will keep your enthusiasm and ambition alive.
7. Constantly, [say](http://www.successconsciousness.com/index_00000a.htm) to yourself that you can, and will succeed. “Oh yeah!!!”
8. Look at photos of things you want to get, achieve or do. This will strengthen your desire and make your subconscious mind work with you
9. Build on small successes and under promise and over deliver.