

5 Ways To Motivate Yourself When You're Motivationless

1. Keep Your Workout Calendar Everywhere

Keep a copy or an image of your workout calendar in multiple places: on your fridge, in your phone album, scheduled on your phone calendar, on your vision board. If you are constantly reminded of the day's activity, you'll remember its importance. Think about how you'll feel tomorrow knowing that you have to make up for yesterday's lost agenda!

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2. Materialize Your "Why"

What's your reason for wanting to make a change? Why is it so important to you? Consider these questions, and then find a way to materialize the reason. My example: My motivation is to pay myself back for how depressed I used to be. Therefore, I keep my high school prom photo in my workout room. Any time I'm struggling to get moving, I look at that girl and I remember how she dreamed of the woman she'd be. I never want to let her down!



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3. Pick a Meaningful Mantra. Set it as an alarm.



Most smartphones have the option to label your alarms. My favorite mantras to label my alarms with include, "How bad do you want it?" and "You'll regret if you don't." Pick something that gets YOU motivated & set it as your wake-up alarm. If it's the first thing you see, you'll get out of bed for sure!

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4. Drink a PreWorkout Formula



Sometimes, you need a physical boost. Preworkout formulas are a great way to wake up without feeling dehydrated, which can sometimes happen with coffee. Mix it about 15-30 minutes before you'd like to exercise. When you start to feel the adrenaline, there's no way you WON'T want to get your workout in! I personally use Beachbody's preworkout formula, Energize, and I absolutely love it!

To try a sample, send me an email: davina@flabtofierce.com with the subject "Energize"

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5. Get An Accountability Partner

Find someone who has the same goals as you or who wants to live a similar lifestyle. At the very least, your best friend / significant other / parent should be well aware of your goals. Speak to this person about how important your goals are to you. If you ever need motivation, you can ask them for it. They'll remind you of your "why," and they'll light that fire right back up!

Need an Accountability Partner?

I would LOVE to motivate you!!

Send me an email: davina@flabtofierce.com with the subject "HOLD ME ACCOUNTABLE!"