

Ready, Set, Go! Q&A



Q: Sometimes, I forget my motivation and I end up falling off track. Do you have ideas to help me stay motivated?

A: When making lifestyle changes it is important to keep yourself motivated to continue reaching your goals. Using vision boards—pictures, words, etc. that support your ultimate goal—can be a reminder. Other ideas include hanging up motivational quotes, hanging up pictures of loved ones, or just simply writing down your goal each week as a reminder. Making a pro/con list can help, too. Ask yourself “How will I feel after I finish my workout today?” or “What are the consequences if I overeat at my friend’s party tonight?” Find a strategy that works best for you.

Q: I think I am in the action stage for one goal, but the preparation stage for another goal. Is this possible?

A: It is possible! If you are working on different areas of lifestyle change you will likely be in different stages for each area. For example, you may be in the action phase for stress management because you practiced mindfulness for 10 minutes three times last week. Your healthy eating goal might be in the preparation phase because you set a goal to meal prep for dinner twice next week. Remember, you can go through the stages in any order and you may find yourself going back and forth between stages. Just keep perceiving barriers and finding motivation and you will continue to meet your wellness goals!