

# Staying Motivated When Things Get Tough

*"Don't wait for your feelings to change to take the action. Take the action and your feelings will change."*

*- Barbara Baron, RDN, Fellow of the Academy of Nutrition and Dietetics*



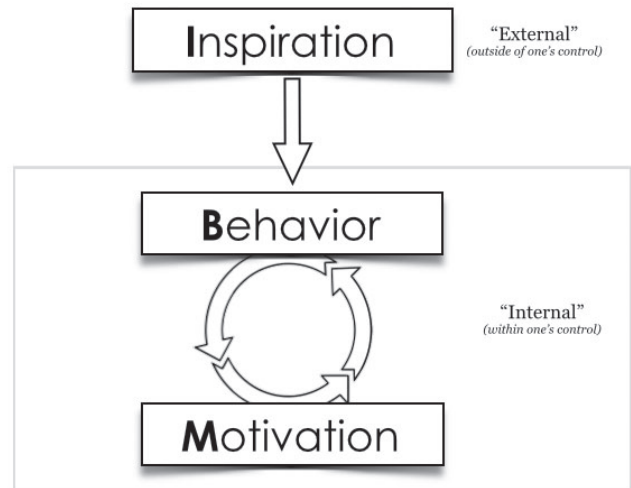
## You've been taught the wrong lessons about motivation.

If you've ever tried to change your habits, you've probably done well for awhile, at least until lose your motivation. You feel it slipping away. What was at one time "easy" now seems a chore. Whereby you formerly were all charged up, now it feels like someone strapped lead weights to your feet. Your goal slips further and further away. You feel hopeless. As the college bumper sticker said, *"Flunk now, avoid the June rush."*

**The reality is that motivation does not lead behavior, it's the result of new behaviors.**

What leads behavior is technically "inspiration," which contrary to what you might have heard, is not always a "positive" feeling.

In a nutshell, inspiration comes to you from "outside" and triggers behavior change. Motivation is internal and keeps behaviors going - once they have had a chance to become habits.



### Feelings of Inspiration:

- Fear
- Pain
- Stress
- Overwhelm
- Hopelessness
- Willing to try anything

### Feelings of Motivation:

- Empowerment
- Dedication
- Confidence
- Hopeful
- Excitement
- Lead, follow, or get out of the way

Notes:

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Intentions Affirmations Manifestations

FROM "WHAT IF..." TO "WHAT NEXT..."

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