

# HOW CAN I GET MYSELF TO STICK WITH THE COMMITMENTS I MAKE TO IMPROVE MY BODY?

-Andrea T.

What a great question! I think we all struggle with staying committed for long periods of time in any commitments that we make. I would suggest that you look at the "reasons why" you want to commit to the CREATE YOUR IDEAL BODY program or "whatever" program... Such compelling statements as "I want to feel alive, healthy and enjoy life", "I want to be around to enjoy my grandchildren", "I want to be able to scuba dive for my 50th birthday" are "a reason connected to a feeling" will make your commitment firm!

Make your commitments as easy to incorporate into your life as possible. If you know that changing clothes and driving to a gym will become a drag, make your movement choices something simple you can do in any clothes, at home. If you know you'll forget to drink water during the day, buy a plastic sport bottle and keep it with you, always there to sip on. If thirty minutes of private time seven days a week seems too much, make it only five or three days a week and leave your weekends open. Start from where you are today and make your day workable to your lifestyle and choice.

Remember: it is always a choice! Make one for a better life, today!