



FIVE MISTAKES MADE WHEN

STARTING A NEW HEALTH GOAL

Why you just cannot seem to get the ball rolling with your health goals and you keep finding yourself giving up



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WHAT AM I DOING WRONG?

So you're trying to build new health habits. Maybe you have had the same New Year's resolution for the last 5 years and every year, you just know it, THIS IS GOING TO BE MY YEAR! Unfortunately it goes as it usually does and you do really great for 2 weeks, maybe a month if you're lucky. Then life gets in the way, you lose motivation and it's the same old story, "I just don't know how to have enough willpower to stick to it long term". Well buckle in, I'm about to teach you 5 reasons why this keeps happening and what you can do to change that and actually kill it at your goals.

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YOUR FIVE MISTAKES

- 01 Not Finding Your Why
- 02 Setting Extrinsic Goals
- 03 Changing Too Much At Once
- 04 Goals Not Specific Enough
- 05 Choosing The Wrong Crowd

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MISTAKE #1: NOT FINDING YOUR WHY

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This is the crucial place to start and the majority of us do not take it seriously enough. This is like expecting a tree to grow when you have planted it on a cement block. The roots cannot get deep enough and your tree is not getting the sustenance it needs. You might have a big idea of why you want the changes you are working towards (you want to fit into those totally hip jeans from 10 years ago) but have you ever explored it any deeper than that? Without digging into your deepest reason why, things will die off quickly.

Finding your deeper why is one of the most important things you do when you are working on creating new habits. Here's is how to do it, pull out a pen and paper and get writing:

Ask yourself why, why do i want this. Once you get the answer, then ask yourself, okay well why do I want that to happen, continue to do this until you get at least 10 whys deep.

Follow up the why questions with the next sentence of, "so that..." For example, I want to run 3 times a week so that I have more energy, I want to have more energy, so that I am not taking so many naps. I want to stop taking so many naps so that I have time to start my new hobby of designing pot plants. Whatever floats your boat.

If you start crying, BINGO BABY! You are on the right track. You are trying to connect to your deepest emotions. This gives you leverage to no longer put up with the pain you are in and move yourself forward.

Without a big why, your motivation will fall, it is pretty much a guarantee. I want you to come up with reasons so compelling, that you want to get out of your house and start that habit immediately because your reasons have elicit so much emotion within you that you cannot have it any other way then that new goal.



**Find your why and you'll find
your way. - John C Maxwell**





MISTAKE #2: SETTING EXTRINSIC GOALS

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Mistake #2 is like baking a cake and doing all of the prep, putting it all together, mixing up your batter, it's in the cake pan but then you never put it in the oven, so it can all cook into a solid form and become the actual cake. Yeah sure the batter tastes great and you've laid the groundwork but outside of that oven it is never going to complete the task set at hand. You have 2 categories your goal can fall into; intrinsic and extrinsic. Intrinsic, is internal, goals that are motivated by something within you, something that makes you feel whole and warm and satisfied in the moment. Extrinsic is external, goals set around outside influences, other people's opinions, things outside of your control.

When your goals are always falling into the extrinsic category, then you lose sight of what you are working towards because there is not that longer lasting internal reward. As an example, you want to lose weight because you want to externally look good. As that is your only motivator, then the slow progress, the lack of real control and the multiple variables that could get in your way will not hold up your motivation in the long term.

An extrinsic goal can get you started but it will not keep you going. 3 questions to ask yourself when you are trying to access your internal motivators are:

How do I want to feel?

What already makes me feel that way?

What can I add to my life that is going to create more of that feeling?

If your goal is more about the internal, the energy you will feel, the mental clarity you will gain, the reduction in your stress levels, the stronger mindset, the boost in endorphins. These all come from the moment you start your new habits, these are all results of improving your exercise, eating habits or mindfulness. As they happen in the moment, it is easier for you to be motivated to get off your couch and go for a run with the almost guarantee, you will feel better internally.



You can look for external sources of motivation and that can catalyze a change, but it won't sustain one. It has to be from an internal desire - Jillian Michaels



MISTAKE #3: CHANGING TOO MUCH AT ONCE

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Do you ever go into a really messy room you know you need to clean up but just the sight of the whole thing is overwhelming and instead of doing that giant task, you watch netflix instead? What is the one tip we always hear? Just start with one small section first, your health goals are no different.

We often think when it comes to creating new habits, if we go all out and change everything at once, we are showing how ambitious we are and we take our new health journey very seriously. But what ends up happening is you change everything at once, after 2 weeks, you are overwhelmed, exhausted and you fall back into old patterns and feel completely defeated. All that you have done wrong, is you have tried to change too much at once.

When we are stopping an old habit, we need to replace it with a new one. When we are building new habits, we need to give our brain a chance to connect the new pathways so your desired behaviour can become automated so it does not take as much energy to do everyday. However, 95% of the time, we are on autopilot, which means that only 5% of our actions are conscious. We do this because it conserves our energy for the more important things and if we were regularly conscious of everything we did, we would burn out all of the time.

The secret is to start small, really small. You change one thing at a time, gradually build it up, when it begins to feel like a habit, you then implement the next thing. When you do all the things at once, your mind and body goes into overwhelm, it wants to protect itself, so it is going to convince you to fall back into your old habits because this is deemed as the “safe zone”.

So help it out a little bit, and by changing small things at a time, you are slowly exposing yourself, without exhausting yourself. It gives your mind and body a chance to accept and adapt and feel like it is still in control.



Make the commitment now, change one habit per week and don't entertain any other possibility but success. It's worth it. - Cyndi O'Meara



MISTAKE #4: GOALS NOT SPECIFIC ENOUGH

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If you go for a drive and you only put in the town you are heading to but not the actual address, how will you know when you get there? Without being really specific about the goals that we have, we will not have a clear line of when we get there. For example, saying I will exercise 3 times this week is not enough. What kind of exercise? How long for? What day and what time?

There is an acronym to follow when setting your goals, they are called **SMART** goals.

TITLE OF YOUR BLOG
Specific
Measurable
Actionable
Relatable
Time Framed

Stop setting goals, goals are a pure fantasy, unless you have a specific plan to achieve them - Stephen Covey

This goes for your bigger goals as well. Saying your goal is to feel healthier, is not specific enough. What does health look like to you? What is optimal health and wellness to you? What would you be doing? How would you be acting? Building new habits is about creating behaviour change, So you are being specific on the behaviour you will be doing rather than just what you are feeling.

The more specific you are, the easier it is to determine what needs to be done and at what point you have arrived at your goal.





MISTAKE #5: CHOOSING THE WRONG CROWD

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How many times have you held yourself back because you didn't feel like the people around you approved of what you were doing? We only go as far as the 5 people we spend the most time with. You want to be surrounded by people that are going to lift you up, hold you accountable and are working in the same areas as you are.

So who are you surrounding yourself with in regards to your health goals? When people are uncomfortable with what you are trying to achieve, they can often make comments that can derail you. We are wired to want to fit in with our crowds. To our mind rejection equals death. So subconsciously, you will self sabotage yourself to continue to fit in.

Sometimes by striving to achieve things that are outside of our norm of our social circles, it can trigger emotions within people. By making improvements in your life, it highlights in them where they are not and if they are not okay with where they are at, a lot of the time subconsciously they will make comments that put you down. It is about keeping people in alignment with what is going on for them and when you try and step out of that, the ego does not like it.

The right group of people will

Hold you accountable

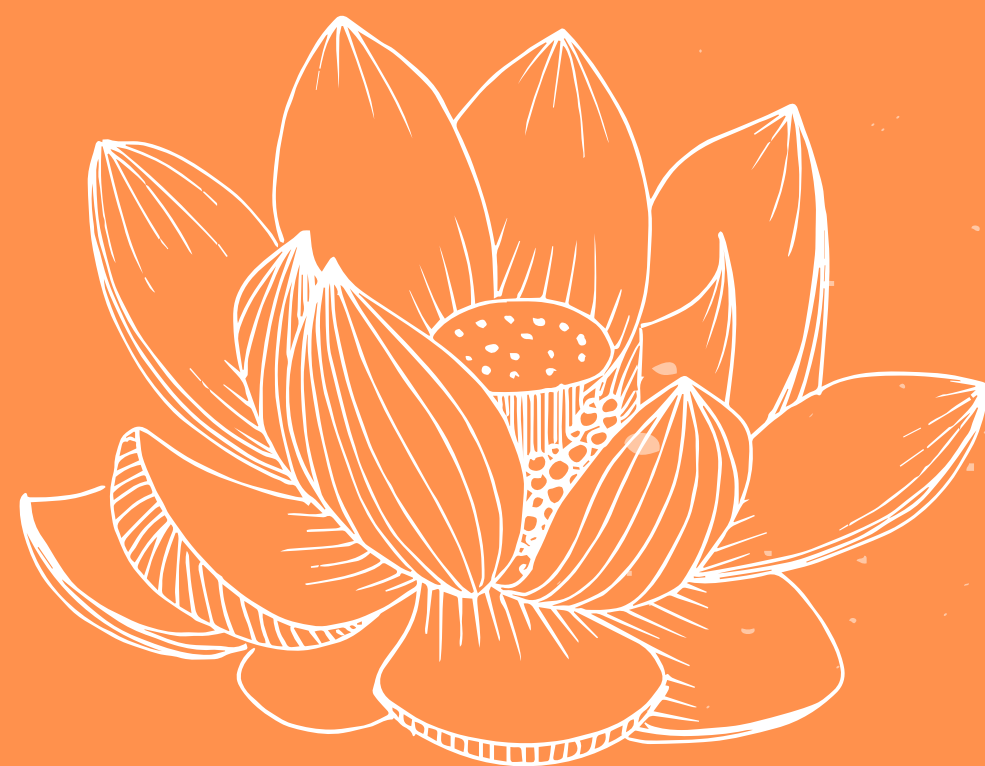
Encourage you to keep going when you are down

Inspire you because they are achieving goals and working on themselves as well

Choose your crowd wisely, or choose who you express your goals to wisely. Find people that are already working on improving themselves like you are, people who believe in your ability to change and spend more time with them. Perhaps you could find them at the gym or at different health workshops. Perhaps you could find them in Facebook groups. You can factor in mentors, people you follow online that inspire you. Do what you can to regularly be in a mongst a crowd of people who understand growth.



Your psychology will not withstand a strong social herd that is working against you, it won't. You will adapt to your environment. -Kerwin Rae



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