



TIP OF THE WEEK

9 Hidden Reasons to Stay Motivated Ways to Rediscover Your Drive

By Zach Van Hart, Staff Writer on SparkPeople website

1. Confidence

How did it feel after that first jog around the block? Or when you finally walked the stairs at work without losing your breath? The more you accomplish, the more you'll believe in yourself.

2. Fit into that dress

It's been hanging up in your closet for two years now, just waiting to be thrown on for a night on the town. All it takes is for you to go that extra mile and stay on track. Before you know it, those two years will be ancient history.

3. Make the week easier

Ever felt like a week was taking forever? It feels like Friday, but it's only Tuesday? This happens when you're not working towards anything. When you have a goal in mind, you'll want to cook that healthy dinner or go to the gym. The week will not only go faster, but be more enjoyable.

4. Gives you purpose

Eat the healthy breakfast that's going to jump start your day, go for your morning jog, or walk to the driveway and grab the newspaper. When you're motivated, you have a reason to do what you do.

5. For your kids

The healthier you are, the longer you'll be around to watch your kids grow and to spoil your grandchildren. They'll want you to be around as long as possible; consider this just another present.

6. Power of momentum

Momentum builds quickly and can lead to great results. Suddenly, you're not only working for the goal, but also to keep your streak alive. Even more reason to reach your goals.

7. The 'wow' effect

Picture this: Walking into a bar, you run into someone from high school, and their eyes light up. They gasp, "Wow, you look great!" By sticking with your goals, this can happen. Watch the "wows" add up.

8. Spread the spark

When friends and family see how hard you're working, they'll wonder how they can reach their own goals. Guess who they're going to look to for help?

9. Keep gaining experience

The more you do, the more you will learn and understand. You'll discover which tactics work best for you and which ones don't.

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