



BODY & MIND
CONSULTING

HOW TO TURN YOUR SELF-IMPROVEMENT DESIRES INTO REALITY



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How many times have we told ourselves in complete earnestness, “I’m going to be more organized and productive from now on.”? Or that the diet starts tomorrow? Or that we’re going to make a real effort to exercise now? Only to have that enthusiasm fizzle away, and all our best intentions and goals result to nothing?

Honest and fervent desire for self-improvement, then giving in to temptation, self-loathing, guilt and then giving up are the most common inaction steps in the world.

How can we overcome inertia resist temptation and remove the obstacles to making your self-improvement desires become reality? Here are seven steps that you can do today:

1. Make a date. Right now.

Good intentions mean nothing if you don’t actually get started. And the only way to get started is to take action, right now. Look at your calendar, and make an appointment to create your action plan, or to take the first action (e.g. “Go walking at 5:30 p.m. today in the park”). Decide what that is and make an appointment for it, right now. Second part of this step: make that appointment with yourself the most important appointment on your schedule.



2. Set small, achievable goals.

Get moving, a bit at a time. Inertia is beat only by movement. Once you get going, momentum builds up and inertia is no longer a factor. So the key is to get started, and you do that not by trying to go from 0 to 60 in 5 seconds, but by trying to go from 0 to 5mph in a day or two. That’s doable. If you haven’t been exercising for a couple years, it’s hard to get started. Don’t start out trying to run a marathon or lose 200 pounds. Just conquer something exceedingly small. Say, “I’m going to walk for 10 minutes” – this goal is much more likely to beat inertia than, “I’m going to exercise for 45 minutes today.” Be realistic, and make the goal achievable.

3. Commit yourself.

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It's this commitment that will keep you going after you overcome inertia. Sometimes we get filled up with enthusiasm, but then a few days later, that enthusiasm wanes. State your small, achievable goal, and tell it to as many people as you can. Call or email friends and family. However you do it, make sure people are aware of your goal. This will provide some pressure to overcome slacking off and throwing out your goal.

4. Baby steps.

The best way to change is through baby steps. This is different from the above step, extended beyond the initial goal. Take each goal one little goal at a time. Let's say you want to run a marathon, but currently your running regimen consists of running to the kitchen. Instead of starting a marathon training plan, start by walking 10 minutes a day. Then, when that becomes a habit, increase the time, so that all of a sudden, you're walking for 45 minutes, and you barely noticed the small progressions that got you to the goal.



5. Hold yourself accountable.

Once you have committed yourself publicly then the next step is accountability. By friends and family holding you accountable and your reporting progress regularly you will think twice about slacking and forgoing your action plan.

6. Motivate yourself.

Accountability and commitment are both ways to put positive pressure on yourself as a form of motivation. But other types of motivation are also needed. You must find ways to make your progress feel great ... either through rewards, or the positive way you feel about your progress, or the positive way you feel when others see how well you're doing.

7. Just keep doing it, no matter what.

You'll face temptations and give in. That's OK. Just keep going. You'll make mistakes and get discouraged. Learn from your mistakes, and keep going. You'll get there!.