

# 30-Day Motivation Boost Challenge



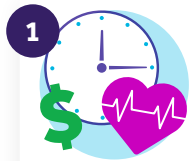
Healthy routines can help you achieve your health goals! Exercise, good-quality sleep, healthy eating habits and good stress-relief practices can all build a better life. But old habits can be hard to break. Whether you're trying to lose weight, manage a condition or just feel better overall, it takes work. So what's the best way to stick with it? **Staying motivated.**

**Your mission:** Find what motivates you to make healthy changes and **remind yourself of that motivator each day for 30 days.**

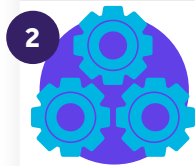


**Check off all the days you remind yourself of why you want to stick with healthy habits.**

Click the squares on the left side of each day or print this out and fill them in by hand.



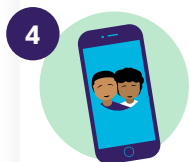
To start, let's explore what motivates you. **Find your "why"** so you know exactly why you're making healthy changes in the first place. This can help keep you motivated as time goes on!



It's easy to say, "I need to eat healthier" or "I need to exercise more." But those are vague intentions. Turn your intention into a **SMART goal** so you're more likely to achieve it.



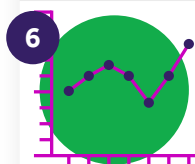
Having trouble finding the drive to make healthy changes? **Ask friends and loved ones what works for them.** They might have some helpful ideas you could borrow.



**Keep your motivator visible.** A picture of your kids on your phone, an inspiring note on your bathroom mirror, exercise gear by your front door: If it's in sight, it's on your mind!

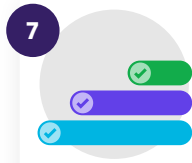


Finding it hard to talk yourself into exercising? You're not alone. **Check out our article** about why you should **move more.** This information could help inspire you to get active.



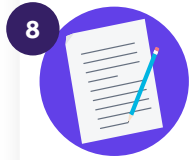
Some days will feel more motivating than others. Remember, it's not a failure if you have a low-motivation day! **Rank your motivation on a scale of 1 (low) to 10 (high)** each day. This can help you see patterns with high-motivation days and figure out how to keep those patterns going.

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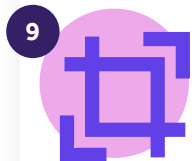
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Motivation can ebb and flow. There should be healthy habits you expect to achieve each day. And on days when you have more drive, go above and beyond! Set **floor goals and push goals**.



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Weekly check-in: How is it going so far? What's working? What's not? **Write down what you've learned** about yourself and about this process.



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Positive motivation is best for long-term healthy changes. If you have things that motivate you out of fear, try to **reframe those motivators** into something you can look forward to.



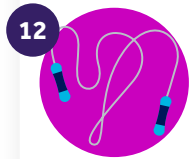
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Need more motivation to log your food? **Check out The Value of Food Tracking** to learn just how tracking food can help people *lose twice as much weight* as those who don't track.



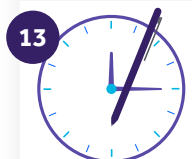
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You're working hard to find what motivates you! But what demotivates you? What takes the wind out of your sails and leaves you feeling deflated or stuck? It could be certain thoughts, situations or even people. **Take note of those things** so you can avoid them when possible.



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Sometimes we all need a little push to get up and get moving. Here are some helpful tricks to help you **get motivated to exercise**.



13

When do you feel most motivated to exercise? Or to make healthy eating choices? Or to get more sleep? Take a moment to **write down the times of day when you feel most motivated** and why. Then use this knowledge to help you time your healthy habits throughout your day.



14

It's easy to talk ourselves out of our healthy eating plans when we're surrounded by people eating treats. Check out our article to learn **how to eat healthy when others don't**.



15

Human connection is a huge part of our overall health. We all need rest, but canceling plans or losing the desire to hang out with friends could be unhealthy if it happens often. **Read up on the impact of social wellness** to help rewrite some of those antisocial thoughts.

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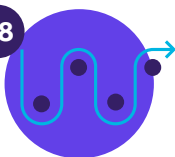
Weekly check-in: You're past the halfway point of the challenge! Are there any tricks that really helped you stay motivated? **Take note of them** so you can keep using them.

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Have you hit a wall? If your motivation has run into a plateau, try something new to jump-start your passion for your health. Here are **15 ways to get motivated when you're in a slump**.

18



Setbacks happen for all of us. Life gets in the way. Bodies have limits. The key is to not let a setback derail your routine. Instead of dwelling on guilt, **take note of what caused the setback**. Think of what you can learn from it. Then apply that valuable lesson to the future!

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Healthy changes can be daunting. And nothing saps our motivation like feeling overwhelmed. But you have all you need within you to achieve your health goals! This article will show you how to **tap your own strengths** to adopt new healthy habits.

20



Things not going according to plan? **Take a moment to recenter yourself**. If the things that fired you up for healthy habits just aren't working anymore, it's time to make a shift. Find a new motivation that carries you forward. It's all a learning opportunity!

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Anything worth doing takes energy. The key is not to lose that energy! Here are **7 steps to overcome burnout** so you can stay energized on your healthy journey.

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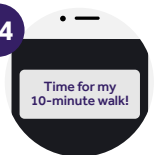
Weekly check-in: This challenge is three-quarters of the way through. **Write down** which tips are driving you forward and which tactics didn't work.

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Tap into the power of your imagination. Try this quick **motivational walk activity** to visualize success and help recharge your battery.

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Use technology to help motivate you. **Set a reminder** on your phone or digital work calendar. That notification could be all the motivation you need to exercise, eat healthy, meditate, etc.

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Feeling nervous about going to the doctor or getting a lab test? It can be daunting, but here are some important details about **why you shouldn't wait to get health support**. Get the medical care you and your body deserve!

26



Other people will have all kinds of reasons for you to make changes. Your partner may want you to quit smoking. Your kids might want you to get more energy. Your parents might worry about your health. But always **keep in mind why healthy change matters to you!** This is your journey.

27



Having trouble turning down treats? Peer pressure can cut down our motivation quickly! Here are some helpful tips to **navigate food pushers** in your life, even when they mean well.

28



Sometimes it's deeply motivating to be an example to others. Is there someone in your life who's trying to make the same healthy changes you are? What advice would you give them? **Write it down or record a video message**. Even if you never share it, you'll have it for yourself!

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Weekly check-in: Just one more day in the challenge! **Reflect on what worked** for you and how you can use it to stay motivated moving forward.

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Congratulations, you completed the 30-Day Motivation Challenge! Amazing work. Now it's time to **reward yourself!** Find a healthy way to **celebrate your success**. You've earned it.



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