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Monthly Motivation 4 - A little encouragement

If you have been steadfastly adhering to your exercise and dietary schedule on a daily basis then you are well ahead of most people and my expectations. You would be ahead of where I was at that time but take a look where I am now.

An occasional slip and even full regression is to be expected. I don't want for you to get discouraged because of this or not seeing positive results over the next few weeks. This is a long-term endeavor that you have embarked upon. You are making a life change. A change for the rest of your life that will bring greater health, prosperity, relationships and overall satisfaction in life. To help keep you going I want to give you some perspective that you can look back upon anytime that you feel discouraged.

While you may have developed a ritual for yoga, exercise or eating that has served you well for the weekdays you may find any or all of those challenged during the weekend. This is especially true if you have a traditional work schedule. Don't be discouraged, just focus on the long-term goals.

I want for you to go look into a mirror now. A full-length mirror is ideal, especially for doing your yoga routine. As you look at yourself take careful note of everything about your appearance. Now envision your appearance as you were in the condition you want to again achieve. Take an index card and write the year on it then tape it to the mirror. For me it was 1989. Now think of the feelings you want to have: your demeanor, the happy moments, financial security, energy, relationship satisfaction and whatever else you recall as pleasant. Again, take an index card and write that down. For me it was "mid-90's".

Do the math. It has been a long journey getting to the point where you are now. Most of what got you here was rote, unconscious habits that over time brought you down from those high points in your life. You can and will get back there. I am going to repeat that for you because of it's significance -- you can and *will* get back there.

Now that you are consciously making healthful decisions and working to change your detrimental habits the process of getting back to your ideal is going to be quicker than the course you took getting here. Still, it is going to be a long process.

I have attained tranquility and my desired weight of 128 -- my low weight in high school. I feel the best that I have in over 20 years. The process of getting here was a long one. For weight it came in four steps. 10 years ago my high weight was 196. Closing in on 200 pounds was a wake-up call. I decided then that my weight was intolerable. I quickly dropped 20 pounds and stayed around the 170's until 5 years ago. In about four months I was down to 160. Then in December 2009 I decided that I was going to run in the Indy 500 mini marathon and get down to 145 pounds. In January 2011 I was just

over 140 pounds. I bounced around that weight for nearly a year.

After gorging myself over the holidays at year end I tipped the scale at 143. It was then that I decided that I will get my weight to 128 and that will be my new set point. So I jumped in full force and got down to 126 by mid-March. In early April during a fast I fluctuated between 120-124 for three days. I am now 128.

That took longer than it should have but each step down was preceded by a mental commitment to do so and an acceptance that it *will* happen. Those only came when enough factors coalesced and motivated me. So keep in mind that you can and will achieve your desired results but it is a process that will not happen quickly. With my assistance it should happen quicker for you than it did for me when I went at it alone.

Now, if you haven't already, think of your daily affirmation and write that on a card and add to your mirror.

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