

# Finding Motivation to Stay Well

“Visualize this thing that you want, see it, feel it, believe in it. Make your mental blue print, and then begin to build.” ~  
**Robert Collier**



## Finding Motivation to Stay Well

Finding motivation to stay well begins with having powerful reasons to get and stay healthy.

Having a powerful reason to make important changes in your lifestyle is something that no one can give you. It's important that you take time to identify some powerful reasons to make changes in your lifestyle.

When you identify reasons that are important enough, you will be better equipped to handle the inner battles that will inevitably take place as you seek to form new habits.

Maybe your “why” is that you are sick and tired of feeling sick and tired.

Maybe it's being there for your family.

Maybe it's keeping your job.

Living longer and healthier. Looking better on the beach.

Here's another important “why.” We are living longer, but we are not living healthier. We are aging prematurely in this country, and the decline in health that we see around us is not related primarily to chronological age.

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Abnormal and early loss of functional health is caused by lifestyle diseases. Early aging leads to a lower quality of life in the last years of life, which is very sad indeed. One of the most important reasons to build a good wellness plan is so that we can live a longer, healthier, and happier life.

Lifestyle determines the aging process, not merely the number of years that we've lived.

There's an important difference between lifespan (how long you live) and health span (how long you stay healthy). It's very important to keep the difference between the two very small, a good wellness plan will help us do just that.

## What are your reasons?

## Tips to Stay Motivated

1. **Find an accountability partner (cheering section!)**
2. **Set SMART** (specific, measureable, attainable, realistic, timely) **wellness goals**
3. **Measure the progress of your goals over time. Celebrate success!**
4. **If times get tough (and they will), remember your primary reasons and motivation to stay well.**

## THINK PREVENTION!



**Prevention is always better than treatment!  
Staying motivated to remain healthy is a  
proactive strategy to live longer and stay well.**