

Coaching Call - What to Do When You Don't Feel Like It (Exercise, Nutrition or Life In General!)

Intro:

If you've ever thought 'I know what I *should* do, I just don't feel like doing it'—this call is for you...

For example, ever...

- Too busy
- Too hot
- Too tired
- I don't feel motivated
- I don't have the energy
- I feel like I'm always getting injured
- Nothing's changing so what's the point

The women who get the best results aren't the women who always feel motivated.

They're the women who learn what to do it even when they don't feel like it.

Everyone *seems* to be motivated online, on social media, in the news...

Can feel like you're "doing it wrong" or something's wrong with you!

Here's the reality...

Motivation -> Habit -> Identity (MHI)

Over time we want to replace the need with motivation with something else...

Step 1: Motivation ("Feeling like it"):

- Comes and goes like the tide - it's unreliable
- Can't always control it
- It's always highest at the start of a new plan - capitalise on it, but don't expect it to last forever
- Over time, motivation always fades (like the "spark" at the start of a relationship).
- Can kickstart it with a new goal e.g. climbing Ben Nevis, wedding in X date

Step 2: Habit

- Make things easier
- Take 14 days to start becoming embedded

- But take 250+ days for more complex habits (esp. nutrition)
- This is what we shoot for in year 1

Step 3: Identity

- Who you see myself to be
 - e.g. I was never into fitness but now...
- Locks it in for life
- This is what our long-term members get after 2-3 years

Swap Feelings for Commitments:

Tooth brushing analogy: *"Do you brush your teeth every day because you're motivated to, or because you've decided you're the type of person who takes care of their teeth?"*

Yet most people don't do this with healthy eating, because they don't view themselves as the right kind of people.

Apply to fitness: *"I don't work out and eat healthy food because I feel like it. I work out and eat healthy food because I'm someone who takes care of my health."*

This again takes time to fully shift and sink in (Lou mash story - lost 7.5 stone but took her another 18 months to see herself differently)... but you can start telling yourself a different narrative NOW in your brain (note: this is what the Thought Transformer is REALLY powerful at doing reliably and repeatedly).

Three things you can work on today to become more consistent:

1) Find that deeper meaning or "why":

- Not just weight loss/toning
- Instead ask: What kind of woman do I want to be (now and in 20 years time)?

Examples:

- Strong
- Independent
- Energetic

- Confident
- Capable
- Someone who keeps promises to herself

This will start to shift your identity. You can even write it as an identity statement on the wall.

E.g. at 20 I was “a student” (actions: lie in, wear hoodies, drink too much, eat bacon sandwiches daily)

- But then I became...
 - A Personal Trainer
 - An online coach
 - A business owner
 - An entrepreneur

The exciting bit - you can choose, and your actions will follow!

2) Take the smallest possible action

Most people think motivation comes first.

They think: Motivation → Action → Results

But in reality it often works the other way around:

Action → Results → Confidence → Motivation

The fastest way to *feel* motivated is not to wait for motivation, and instead to take the smallest possible action:

- Put your workout shoes on
 - Load up the workout video
 - Message your coach
 - Write a healthy shopping list
 - Log the last thing you ate
1. Never miss twice (from Atomic Habits by James Clear)

Missing once is life (normal).

Missing twice is the start of a new (bad) habit.

- Miss a workout → do the next one.

- Overeat at lunch → get dinner back on track.
- Bad week → start again Monday.

The goal is NOT perfection.

The goal = shortening the gap between falling off and getting back on.

Conclusion:

The people who succeed long-term aren't special.

- They aren't more motivated.
- They don't have fewer problems.

They've just learned NOT to negotiate with themselves every time they don't feel like doing something.

Feelings = temporary.

Actions create results.

Results create confidence.

Confidence creates motivation.

Simplified: Action create Motivation!

This is the loop you want to feed!

So stop waiting to feel like it.

Take the next small action today

Find that deeper why (write it down post to the group)

Never miss twice (share if you miss once when you plan to do it next!)