

# How to Tap into Your Source of Motivation and Enjoy Greater Success

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As a professional fitness athlete, I am asked time and time again about motivation—how to get motivated. How to stay motivated. And why it can be so hard to find motivation!

When I think of successful business men and women, athletes and entrepreneurs, I explore how they got there. I am sure Michael Jordan didn't wake up one day and say, "Hey, I'm going to make six million dollars a year through endorsements." It was his passion for the game of basketball combined with his daily training and persistence that led him to success.

The same goes with the recent success of Michael Phelps—his extreme training and daily hard work has catapulted him not only into financial success and endorsement opportunities but also created an outlet for him to touch lives and increase interest in swimming.

As an athlete myself, I was able to take my passion for fitness and create Phat Camps and positively impact women all around the world. This all would not have been possible if not for my personal desire and goals. The motivation to be the best I could be in my sport ultimately made me a successful businesswoman and role model. In the end, I've discovered it's the daily motivations that ultimately yield the greatest successes in life. In other words, it's the little actions you repeat every day that ultimately create your success rather than the "big" moments.

Yet the truth is there is no golden answer for how to inspire motivation for others or within yourself. I can't tell YOU how to motivate YOU!!

So where does that leave you? How can you become motivated?

First of all, you can't force yourself to be motivated. It must occur naturally. If you are trying to force it on yourself, it will never happen. Motivation is the result of your own desires. If you're struggling in this area, you must first understand intrinsic motivation and what it entails. You must look at your passions, goals, and what inspires you to get up every day. Looking back at your childhood interests and dreams is one way to help you discover what really motivates you. Dreams can motivate. Just as well, seeking and searching out role models and people you admire can motivate.

In my experience with Phat Camp, a common request is for me to help women get on a healthy eating plan and exercise regimen. Many women struggle to find that motivation from within to change daily habits to get the body they desire. Interestingly, it's never the words I use that motivate these women. Rather, it's the example I set.

To find your own motivations, I challenge you to answer the following questions:

- 1) *Where do you see yourself in one, five, or even ten years?*
- 2) *Are you happy in your current job or career?*
- 3) *Do you believe you are in good physical shape? Do you have room for improvement in this area? What is holding you back from getting in peak physical shape?*
- 4) *Do you like where you are going, and have you prepared yourself for potential financial pitfalls, health issues, or relationship challenges?*
- 5) *Are you happy with your current state as a human being, and how can you change these if you aren't going in the direction you want to be headed?*

Many times when preparing for a fitness competition, I'm training hard and eating a low-carbohydrate/low-calorie diet. I don't always have the energy to continue my workouts or even complete daily household tasks... However, I am motivated by my clients who look to me to be a role model for fitness. This gives me the energy I need to complete the tasks that have made me a success.....Are you serving as a good role model for your kids, your coworkers, and perhaps most importantly, for yourself?

Ask yourself, "How do others see me, and is this how I want to appear?" Take time to really think about where you are going. Are you simply going through the motions every day? Do you yearn for a more meaningful existence?

If you are unhappy with your current state, then perhaps some self-reflection will lead to the motivation you need to succeed in your life.

Motivation cannot be forced, taught, or learned. You must supply it through your own desires and goal setting. If you are looking for a magic answer to "find motivation," I don't have it. But YOU DO! Look within to inspire yourself, and like Jordan and Phelps, you will ultimately be a success. 🙌



### **Tips for cultivating motivation:**

- \* *Read books on self-reliance and self-improvement*
- \* *Read biographies on people who inspire you*
- \* *Look to your childhood dreams for inspiration*
- \* *Write your obituary: think of how people see you. What is your legacy, and how do you want to be remembered?*
- \* *Ask other successful people about how they found motivation in their daily lives*