What's Your Why?

Your Why is Your Motivator:
Why do you want to stay active? What do you want to change and more importantly what is the reason or reasons you want to make this change? Maybe you want to stay healthy for your kids or grandkids. Maybe physical activity makes you happy and helps relieve stress; or maybe you want to feel your best and live a long, happy life. Sometimes we all need to reflect on the WHY of what we do to ensure that we are truly on the right path to reignite our motivation. Determine what YOU really want to achieve by exercising and how you will remain motivated to achieve your goals.

Motivation is Key:
Motivation can be defined in simple terms as what drives you to maintain or achieve your goals. It's important to know where your motivation stems from. Internal motivators are what drive you, while external motivators work as kind of support to what motivates you from within. Both kinds of motivation are necessary to keep you working to achieve your goals.

Extrinsic Motivation:
This kind of motivation is what we usually rely on when it comes to exercise. This type of motivation is great for those moments when you think about skipping your workout and then remember your goal. Some of these external motivators include:
- Looking good in a bathing suit
- Losing weight for a high school reunion
- Wanting to fit into old jeans

Intrinsic Motivation:
This is the type of motivation that comes from within. This is something important to you, not some future goal, but something you can obtain right now. Some of these internal motivators include:
- Exercising because it feels good
- Loving that runner’s high feeling
- Feeling good when your body gets stronger

How to Stay Motivated to Achieve Your Why:
Motivation is just one part of achieving your goals and it’s often the one thing that we struggle with most. Everybody’s why will be different but know yours will supercharge your goals. Here are a few ways to set up an environment that will keep you motivated:
- Writing your WHY-By writing it down you are finding it, thinking it, saying it, seeing it, and reading it so that you eventually believe it.
- Find Support-Exercise with others for accountability and motivation. Check out EHW’s Virtual Fitness Classes to exercise with others.
• Reward Yourself-Focus on your skills, achievements, and ability to do the task at hand. Reward yourself for every workout you do, no matter how small.
• Exercise for a goal- Track your habits and goals to help you stay motivated and consistent. Check out EHW's Habit Tracking Fitness Sheet for an effective way to build new habits and goals.

Tips to Find your Lasting Why:
• Get Emotional – How do you want to feel?
• Get Honest – Are you doing this for you?
• Reflect – What moments in life did you feel the happiest and proudest?
• Analyze – What do those moments have in common?
• Measure – How can you measure ongoing success