



Off The Track Training

MOTIVATION MOJO

By Joy McClymont

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Purpose

Hi, I'm Joy! About ten years ago, my husband and I decided to move to Dalkeith, an 29,000ha, 4th generation family sheep and cattle property in outback Queensland. As well as helping to run the property and maintain strong community links, we are also raising our four beautiful young children there. Yes, we've struggled with drought and all those things that big outback properties in Australia have to deal with, but one of the biggest challenges for me, living in the middle of nowhere and having to exercise by myself, was being able to maintain my motivation to stay fit and healthy.

I soon realised that there were others like me, with no access to gyms or high tech gym equipment and who lived in isolation. So I decided to take my knowledge and skills and share my passion with others, helping them to get fit and healthy with what they have at home, in the time they have, through recorded video's, live webinars and teleseminars and valuable fitness and food information. 'Off The Track Training' was born. I had no idea at the time that what I was doing was both innovative and in high demand! Through that process, I realised that other people also had issues trying to stay motivated. In fact, this was a very popular topic in our discussions. It is also a topic that many people beat themselves up about! So now, 'Off the Track Training' also provide ongoing support and motivation through our programs and I really want to share some of that information with you here, to help get your motivation mojo going again!

Find Your Reason

First, let's just think carefully about what motivation means. It means that you have a strong motive for something. When you think about it, there are things in life that you don't even need to try and be motivated for, it just comes naturally. However, when it is something to do with changing a habit or starting something unfamiliar, it is much more difficult to maintain that motivation. Giving some time and thought to what it is that drives you (the reason why you want to be fit and healthy for example), is the first step in achieving motivation.

What motivates you as an individual is as diverse as there are individuals. If you ask yourself, "what is my motive (reason) for creating a lasting exercise habit?" or "what is my motive (reason) for eating nourishing food?" - the answers will be different for everyone. The higher the desire for your outcome (the reason you are doing it), the higher your motivation will be and therefore, the stronger your driving positive action will be, along with your ability to achieve it.

Motivation is about wanting something enough that you ultimately think and act upon that motive every day.

You were motivated to download this book. You have a motive to achieve a goal. You took action in order to support the outcome of that goal. Now consider what your 'reason' for that was. To be more motivated in order to be more proactive around health and fitness? If so, how would being fit and healthy make your life better? This is your reason - or 'why' factor.

Set Yourself A Goal

When I was in the middle of babies I used to lock myself into a fitness event because I knew I needed to commit to something in order to get my motivation level up. I would book into a triathlon and say 'right, I am going to make it to that event'. I was always so glad I had the event because I probably wouldn't have done all the training without it. You know when you're post-baby, if you can do it when you're six weeks post-partum then you can do it anytime. That's the craziest time. The events were my motivation and held me accountable until I was feeling good and humming along again. They were short term goals that I committed to. And many short term goals make up one long term one. 😊

At no stage did I ever get too worked up over the fact that I needed to exercise every single day to make it. I had the end goal in sight and I just maintained what I could along the way. I had motive. I had purpose.

Everyone needs to find their motive; from the fittest of people to those just starting out. Elite athletes program their training based on their ebbs and flows of motivation. They set one small event. Then they set one time trial. Then they set another event. They'll have a bit of time off so they can recover and then they'll go again, working towards the one really big event. They balance overload and recovery in their mind all of the time.

Start SOMETHING - Just DO it.

In the beginning, motivation is self-realising. That is, by simply getting started and doing something, can really help to re-energise you, make you feel as though you have achieved something which can in turn, be self rewarding. Sometimes, just the realisation that you 'can' do it and you 'are' doing it, generates self-motivation.

The most detrimental thing to the development of motivation is if we do NOTHING.

In a nutshell, physiological changes happen in our body and mind when we exercise and eat nourishing food. If you're always saying to yourself I'm too tired, I'm too busy, I'm too sick, I'm too exhausted, I can't do this, I don't understand, and you're not doing anything; then that little 'get going' trigger that sits inside of you will never kick into gear. The motivation cycle needs you to DO – take some kind of small action – to get the wheels of motivation to start turning.

That's why it's so important that we start SOMETHING.

To explain the SOMETHING philosophy a little more, imagine a balanced scale. On one side there's giving it your ALL - absolutely dropping everything and doing it - an extreme version of exercise. You must do it. Every day. That's giving it your all, and giving it your all requires a high level of commitment and sacrifice.

On the other side of the scale is NOTHING, which means that absolutely nothing is happening when it comes to exercise or eating well.

We usually choose to do nothing because of a whole range of reasons. The common reasons I see and hear are,

1. I just can't manage it. (They lack confidence and motivation or they think they can't fit it in amongst their busy schedule.)
2. I'm not into fitness. It doesn't really apply to me or my lifestyle.

Honestly, nothing could be further from the truth.

In both of these circumstances life still carries on with all the demands on time. Everyone has excuses for not exercising - too busy, too sick, too tired, too stressed. These are the top four excuses that float through the mind when avoiding exercise. However, what we do know about exercise and eating well is that it actually allows us to cope better with stress, sickness, tiredness and busyness (including overwhelm), more effectively. We use these four excuses as a reason why we are not motivated, however, they are the exact reasons as to why we should be motivated. Keep this in mind: there's an exercise that exists that will fit into any amount of time, and a time, for any amount of exercise.

SOMETHING is all about fitting in what you can with your lifestyle and life priorities. It's not about dropping everything to exercise for four weeks only to find you can't maintain that intensity and drop off the wagon. It's about developing a long term sustainable habit that absorbs life's curve balls and all the individual levels of motivation that cycle up and down frequently. Having something hum along with life is where the big wins occur as we have a deep belief and motivation for the long term benefits and the big picture.

So where do you start?

'Joy's 21 Day Fitness Hub' and **'Fitness for Life'** programs, progress through a range of concepts that aim to develop motive and motivation for each individual as they go along. For example, the daily exercise, daily stretch and fitness sessions allow you to get involved and start feeling your way through fitness – or for those who used to be into it – remind you how it feels again. This is getting you going!

Get Support

When it's just you, it's easy to roll over and think, arhhh.... I'm sleeping in today – no one will know – I'll start tomorrow! This is a motivational stopper. But – when you have someone who is expecting to see you or hear from you – it's a whole different story right?

It's amazing what you'll do when there's someone there watching you or doing it with you or keeping in touch and asking how you are getting on! At 'Off The Track Training', much of your energy and motivation comes directly from the support group who continue to encourage you to take action. Some people partner up and find an exercise buddy, many of which are via distance. A phone call, an sms, a photo of you up and ready to go, are just some great ideas that are happening in the hub. The best part is, no matter what your fitness level, we're all in it together.

In our fitness hub, we are there to support, encourage and help keep you on track. And we have a bit of fun too. 😊

Understanding is Knowing

Now you are up and active and have a team to support you, the next step in motivational mojo is what I call UNDERSTANDING. They say if you want to get rich, learn the language of money, the terms, how it works, etc. The same applies to your health and fitness. If you want to be fit and healthy, then you will want to learn the language of fitness and food, why it works, how it works, and what's the best way to do it, etc.

When you build knowledge and understanding around what exercises are and why they are beneficial and the same for your food – it increases your confidence levels, provides clarity around what you doing and increases your motivation. It leads you into establishing a more specific and educated motive – one that you completely understand.

But you don't need a degree on the subject! At 'Off The Track Training', we provide you small chunks of important information, progressively. Information that will make the biggest differences to your health, motivation and overall wellbeing. Join us for our '[21 Day Fitness Hub](#)' or '[Fitness For Life Hub](#)', and you will learn more about the whats, whys and whens of fitness and food that will empower you and the decisions you make around fitness and food.

Consistency is Key

By now your motivation has been steady. You have set your goal, gained support, got started, and you're learning. You've reached the four week mark and you start to wain. It takes 30 days of 100% belief in something to create a new neurological pathway that supports your new habit. For most, we are looking at around 120 days. As our old habits start to die, our brain does a little 'kick' and checks in with us, and it might say something like 'hey, we never used to do this stuff, and we were okay' and 'hey – I don't know if I can do this forever', and a lot of other interesting self talk appears. This is where you need your support person/group more than ever.

To get through to the other side and cement your new positive actions, you need to 'keep going'. Connect in to the tele-seminars and webinars. Connect in daily if you have to, to stay connected with the group and share your feelings. Do 'something' every day and review your 'goal' – your reason why you're doing it and think about what will happen to you if you don't keep moving forward.

I really, actively want you to remember not to judge your motivation based on one missed session. It does not mean you failed. If you miss a session or day, that's okay. We all do it. If you miss a week, it has got to be for a good reason and a year, is completely unacceptable. Eating well and exercising is absolutely critical for whatever stage of life you are in and whatever the circumstance.

It's really important not to judge your motivation based on one missed session. The stress that you impart on yourself by thinking you're unmotivated will be worse than actually missing the session. Try to just lower the bar a little bit and go at it again tomorrow.

The more you DO and UNDERSTAND, the more you will start FEELING the difference. You may have noticed your body, mind, moods, energy, desires etc.. starting to change. This is why your brain might be kicking up a little bit.

You want to hold on to the new feeling of how good you feel and the enhanced awareness of yourself and your body and how far you have come. Acknowledge and celebrate what you have achieved already!

Keep going!!! Once you're on the other side and your new habits are formed, it will be a natural and automatic part of your life! You will have kicked in the 'natural motivation'!

At 'Off The Track Training' – we don't stop. We are always there and we keep on keeping on – making it fun, exciting and with a wide variety of fitness and food aspects that will keep you inspired to achieve your goals. We are stronger together, than alone.

You can find out more about the 'Off the Track Training' programs here:
www.offthetracktraining/programs

Making Decisions that Support Us

I had a discussion with a guy the other day about his motivation. He told me he was not in the right headspace to join the program at the moment. So what was in his head space, I asked?

"I'm stressed out. I'm stressed with financial matters. I'm really worried about this." I asked if he had any understanding as to what might help alleviate some of that stress? "It has to rain [he was a farmer]. I just have to get my hands on my finances."

You know, some of the best decisions that we make are after an exercise session. Everything becomes clearer when you've spent some time exerting a bit of energy on yourself. You feel better about who you are and what you've done for the day.

I remember a lady saying to me once, "I've just got kids that are not really sporty. They're more academic." It does not need to be a choice between academics or sport; everyone in this world needs to be active. It's part of what we need as humans.

Here are some examples of what ticks over in my mind and how I've learnt to cope with life's curve balls.

There are some things we just can't change:

We can't make it rain.

We can't make our lives float along uninterrupted by children.

Some of us just can't pluck out a house cleaner and have our whole house done and dusted.

We can't alleviate the pressures of what might happen to us, working 9 to 5 and having kids to wrangle.

Some things are just out of our control in the short or long term and you need to be okay with that before you can look at the possibilities. We don't have to change all of our external circumstances before we exercise. We can actually do it wherever we are at. It's not something that needs a particular type of weather, equipment, body shape, device or otherwise. You can actually just start.

Our lives are made up of what we choose to do, be and live.

So many times I hear people say I had to do this and I had to do that, this was happening and that was happening, which is why I couldn't exercise. Those things have been going on in our lives every single day and year and for most part, will continue. What we have to believe is that we have control of how much those external situations determine what we do. We choose our actions and responses, so really it's up to the individual to find a place for their own priorities.

I am often asked how much exercise I do. The fact is, that some of you do more than I do in a week; much more. In some weeks, most of you do more. I would still class myself as a motivated person because remember our fitness regime and our health regime has to fit in with life. I believe that each day I make decisions that benefit our family, our business and myself. However, my strongest belief is, that the business or family issues won't be dealt with effectively if I don't keep myself in good form mentally and physically. Our happiness and success depends on the health and wellbeing of each individual, which is why investing in personal and physical development is so vitally important.

Our programs at 'Off the Track Training' are not designed to be one hit wonders. You don't just go in full on, get out, and never get back to it again. It has to hum along, bubble along with life. Life isn't going to stop and wait for you to have all this magic amount of time to exercise. You have to make it. You have to make it happen by seeing the possibilities. You have to remember 'why' you're doing it. And every person who wants to live, has a very good reason as to why his or her health and fitness matter! It's about making daily decisions that work 'for' you.

When it comes to exercise and healthy eating you can choose whether it's in your lifestyle, and you can choose the way you move. You also get to choose how you think about exercise. To think of it as a chore or as a reward, rather than a punishment for eating is not exactly the most sustainable or positive approach. The benefits we gain from exercise far outweigh the investment of time and energy involved.

For every decision, there is an outcome. Taking the above steps will trigger and support your decision making in line with your health and fitness goals. Just know, that you 'can' do it. You absolutely CAN. And if you want to, we are here to help you get started.

www.offthetracktraining.com.au/programs

FOOD FOR THOUGHT

The mystery of motivation sometimes gets compared to how motivated other people are. It can be really hard for people living in isolated situations to see how other people develop exercise routines and to also be aware of how they keep motivated. It's easy to think you aren't doing enough when you only have yourself to compare it to. Everybody in this world suffers from some level of lack of motivation in their hour/day/week/month/year. Everybody! Including the elite athletes. It's how you handle that feeling that matters. We can let it determine how we feel about ourselves or we can sit with that feeling, understand it, accept it and decide to take a different path and move on.

There's a lot of other things that can help us feel motivated. As we've discussed - DOING something is the best place to start. I want everybody in Joy's Fitness Hub to get through the doing and understanding part and onto the feeling of it. Feeling that buzz.

Motivation will rise and fall, that's okay. It happens and it's normal. Using the support groups within the Fitness Hub and in your towns or communities can make a big difference to how motivated you feel. If you don't find it within yourself, then you can always borrow someone else's for a little while. 😊

Once we've got the motivation and the motivational support happening, you'll begin to develop more clarity around your motive. One day, and it may take a while, you'll be humming along with motivation and it will be a natural part of your life.

Be motivated and inspired to take control of your exercise, your food and all that comes with it. It may not be perfect every day, it certainly won't be, but you'll be pretty happy with your efforts overall. Allow yourself time to grow into your new habits. You need to be patient.

The 'Off the Track Training' programs are not about 6 or 8 week boot camps and that is for a very good reason. It's because I don't believe that a 6 or 8 week boot camp creates realistic or sustainable change. Our '24 Week Fitness Hub' membership is 24 weeks because it needs to absorb the ups and downs, hurdles, time battles, injuries etc.. that life constantly throws at us. Long term sustainable change doesn't reveal itself in the short term programs.

The mystery of motivation for your health and fitness isn't a mystery. Remember: follow the above steps, do it, understand it, feel it and your motivation will evolve naturally. Chuck the excuses and at the very least - just do 'something'! 😊

Here's to your motivational mojo!

Joy McClymont

Owner, Off The Track Training

Aussie Fitness For Life Leader and Speaker

Want to stay inspired and motivated to get your health and fitness back on track?

Want it to be achievable?

Want to feel good again – strong, vibrant, healthy, inspired?

Want direct access to Joy and her amazing live online program and special guests?

We invite you to join us on our next Fitness Hub Journey. You can check it out here:

<http://www.offthetracktraining.com.au/our-programs>

Have questions? Email us at: support@offthetracktraining.com.au

A woman with short brown hair, wearing a bright green short-sleeved polo shirt and black leggings, stands in a dry, open field under a blue sky with scattered white clouds. She is smiling and holding a long, rusty metal pipe horizontally above her head with her right arm. Her left hand is on her hip. The background shows a flat, brownish landscape with some distant trees and a wooden fence post to the right.

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