

SPEAKER, CONSULTANT, COACH, AUTHOR

**Michelle Cederberg, CSP**

WORK-LIFE BALANCE • STRESS MANAGEMENT • INCREASED PRODUCTIVITY

The Energy to Succeed  
in Business & In Life

### **The Fitness Resolution Express...**

3 Steps to Getting Back on Track When Motivation is De-railing You

**By Michelle Cederberg, CSP**

MKin, BA Psyc, CEP, *Co-Active Coach*

***“Making resolutions is a cleansing ritual of self-assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.”***

– Eric Zorn

January 1<sup>st</sup> arrives and so many of us *resolve* to lose weight, eat better, decrease stress, save more money. Telling ourselves, “*This year will be different.*” A month or so has passed, and if you made resolutions, by now you will have experienced one of the following scenarios:

- 1) “I’m on track and doing well! Hooray for me!”
- 2) “I’ve been pretty good at sticking to my resolution(s) but I feel like they may be slipping away...”
- 3) “Resolutions? They’re long gone... Who sticks to them anyways?”

Why is it that some people seemingly breeze through the change process while others struggle? When it comes to starting and staying with *fitness*, for many it is a challenging proposition. [The Canadian Community Health Survey \(2000/01\)](#) suggests that while the proportion of people who are active in their leisure time has grown, obesity rates have increased, and upwards of 60% of the Canadian population are sedentary – or engaging in insufficient activity to maintain optimal health.

We all have the best intentions to do better for ourselves with health and fitness, so it can feel like failure when the results don’t come. When motivation starts to drop – fear not. An energy injection is as easy as 1, 2, 3...

**3 Steps to Getting Back on Track When Motivation is De-railing You**

### **Your Personal Energy Expert**

Helping people with full schedules and a long list of responsibilities maximize their personal energy



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## 1) Research your Roadblocks

*If you looked back on all your 'failed' attempts at exercise would you notice a pattern?*

Do you plan to exercise first thing in the morning ignoring the fact that you're not a morning person? Do you plan a '5 minute' couch break before your walk, even though you know the couch will trap you indefinitely? Do you religiously sign up for the step class at your gym even though you don't really like step and you're not sure the gym is the place for you? Do you keep your exercise plans to yourself even though there are people around you that can help?

**The definition of insanity** is doing the same things over and over again and expecting different results. Unfortunately, many of us go with what we know, and when it doesn't work, rather than make a different plan, we berate ourselves and throw in the towel. If you pay attention to the patterns that stop you, you can strategize or plan ways around them. If you ignore them, they will continue to get in the way of your success. **Do your research and make adjustments for your success.**

### Here's a tool that can help!

Download my *Barriers to Physical Activity Questionnaire* at [www.michellecederberg.com](http://www.michellecederberg.com). The questionnaire is a simple tool to increase your awareness around what stops you from exercising. It also asks you to **write down** your top 3 barriers and strategize ways around them. Think, write, do...

## 2) Re-energize your Goals

The first step to success, whether it's in fitness, career, or finances, is realistic goal setting. When you set your fitness goals what sorts of expectations are you putting on yourself? If you find your motivation dropping, look back on your goals and ask yourself the following questions:

*Were my goals realistic to begin with?*

It's important to choose your goals realistically, and frame them within your current level of fitness and activity. For instance, a realistic (and healthy) goal for weight loss is a pound or two per week. If you have set a goal to lose 20 pounds by your ten year reunion two weeks from now you're setting yourself up for failure and frustration. Think ahead. Even at a healthy 2 pounds of weight loss a week (which can be on the high side) you can plan to reach your goal in

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2 ½ months, and it could take as long as 5 months if you moderate your weight loss to one pound per week. The good news is, if you make your plan and stick to it you WILL reach your goals.

*Am I attacking my goals through activities that I enjoy?*

Your chance of success increases greatly when you choose activities that are meaningful to you. You're more likely to get to your workouts and complete them if the outcome is something that you value. **Try something new where you live.** Re-visit a lost passion for dance. Take your beloved dog on walks through neighborhoods or parks with lots of hills and stairs. Check out sport groups in your area, and get back on the volleyball court for the first time in ten years. **Remember... do your research!** Think carefully about an activity that would really fire you up!

*Have you picked a good time to exercise or a great friend to exercise with?*

I'm fully aware that some people simply do not like to exercise. That doesn't negate the fact that your body still needs it and your mind will love you for it. If you can't seem to find fitness that fits for you, there are two simple things you can do to improve your chances of getting to the workout you despise. The first is to choose a workout time that has the least interruptions and/or the highest energy levels for you. The second is to exercise with a buddy. On a bad day your buddy will suffer with you, making sure you get there and at least have fun getting caught up on gossip while you're getting beaten down with your weight routine. Your buddy will hold you accountable when you try to bail out, and your buddy will be there to celebrate with you when the results start to come...and they will.

### 3) Beware your Inner Censor.

**What do YOU say when you talk to yourself?** Your day regularly starts with an internal dialogue (or self talk) that you use to describe yourself to YOU. This is effective if the thoughts we feed ourselves are positive and empowering: "Today is going to be a GREAT day! I'm alive, healthy, and happy, and I AM going to the gym JUST BECAUSE I CAN!" Your subconscious brain believes what it hears most often, and the strongest message always wins. Unfortunately, according to behavioral psychologists, as much as 77% of self-talk is negative, or works against you, *and* it takes as many as 20 positive statements about yourself to counter-act even one negative personal statement. *Choose today* to start talking to yourself with more kindness and

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support. Congratulate yourself for every effort at exercise. If the amount seems insignificant to you, remember that every effort adds up, and it's better to do a little than nothing at all. Eventually your positive attitude will resonate in many aspects of your day, and before you know it you'll be loving yourself and your efforts to be more fit in the new year!

**Sometimes success needs a little help! If you want guidance** with your goals email Michelle at [info@michellecederberg.com](mailto:info@michellecederberg.com) to find out about one-on-one life coaching and to order a copy of her Accountability Journal: **GOT TO IT!** 365 day journal for *getting to* the good things

*Every day accountability to help you switch "I'll get to it" to GOT TO IT! Have better work-life balance, finally fit in fitness, increase your energy, and love your life – one day at a time.*

**By mentioning this article**, Michelle will extend a \$4.00 discount on every journal you purchase and provide a free sample session of coaching.

**Michelle Cederberg, CSP** (Canada's *newest* Certified Speaking Professional)  
MKin, BA Psyc, CEP *Co-Active Coach*

Michelle Cederberg leads the industry for life balance, health, and stress management programs, resources, and tools that *actually* conquer procrastination, fatigue, and loss of motivation. Her expansive education and experience combined with her unique products, platform skills and messaging help you find the energy to succeed in business and in life, and you'll have fun learning how. She has built her career since 1990, as a college educator, personal trainer, author, life coach and entrepreneur. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. This past July she was awarded her Certified Speaking Professional (CSP) designation – the highest earned designation in the speaking business, held by less than 10% of the global speaker's federation. If you hire a CSP you can be guaranteed a professional, high quality presentation that will make an impact on your organization.

Michelle knows her energy has fueled her business success! Today, through her products and presentations she helps you increase energy and productivity through a small steps philosophy that just makes sense.

**Corporate/Group Seminars, Lifestyle Coaching, Product Sales**

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