

VSHRED

TEN TIPS **FOR WHEN YOU WANT TO GIVE UP**



VSHRED

THE PSYCHOLOGY BEHIND HEALTHY LIVING IS FASCINATING.

We often lack motivation to take the FIRST step - but once we make the commitment, get our plan in hand, and get over those first workout jitters, we get excited. Then as the days, weeks, and months pass, we find ourselves wanting to slack off. When the scale stops moving the way we want, progress slows down, or we slip up, we can lose all the momentum we gained in the beginning. Of course you want to keep your heart beating strongly, your arteries clear, and be able to fit into your jeans. But let's face it, being aware that you NEED to watch your weight and exercise to be able to have these things doesn't always provide enough motivation. You may find yourself saying, "I'm just not motivated," but the truth is that it takes much more than motivation when you want to give up.

**HERE ARE A FEW
TIPS TO HELP YOU
STICK TO YOUR
HEALTHY LIFESTYLE.**



REMEMBER YOUR WHY

Everyone has a reason **WHY** they started. Maybe you had a health scare, went through a bad break-up, hit a significant life milestone, or just woke up one day and decided you were sick of being overweight and/or out of shape. Anytime you want to give up, take your mind back to **WHY** you started and stay focused on that. You need to have a strong why. For example, saying you want to look good in a swimsuit will only take you so far. Ask yourself the real reason you want that for yourself. Take some time to get really specific with your **WHY**.



DEVELOP SELF-DISCIPLINE

When you want to give up, motivation is not what you really need. Why? Because motivation fades. Our greatest struggle is within, and the only way to overcome that is to **LEARN** self-discipline. Discipline is what will keep you from hitting the snooze button, it's what will get you to the gym after working overtime, it's how you will have enough self-control to pass on the extra slice of pizza. Developing real discipline will mean that you make better decisions easily instead of letting impulses or feelings dictate your choices. This takes time. It's a habit you must form. Once you do, it will not only make sticking to your health goals more manageable, it will spill over into every other area of your life as well.

CHANGE THINGS UP

Sometimes we just get bored. Routine can be a really good thing, and developing habits is crucial, but on occasion, a little change up is all you need to get your groove back!

TAKE YOUR WORKOUT OUTSIDE, VISIT A NEW GYM, TAKE A GROUP FITNESS CLASS, SWAP OUT YOUR RICE FOR SOME QUINOA. YOU GET THE IDEA!



DON'T BE SO HARD ON YOURSELF

Nobody is perfect. You are gonna have days where you crush your workouts and days where life gives you lemons, and you have to miss a workout, or even three. You are going to cave and go off our meal plan. You are going to have weeks or months where progress slows down. Remember that you didn't gain weight or develop bad habits overnight... it took time. It will also take time to lose weight and sufficiently improve your new lifestyle.

**AT THE END OF THE DAY, CONSISTENCY WINS.
JUST RE-FOCUS AND GET RIGHT BACK ON TRACK!**



FIND A BUDDY

When someone is counting on you to meet them at the gym, chances are you won't skip the session. Having a workout partner can also make your sessions more enjoyable and push you to do one more rep when you THINK you want to give up. Just make sure your gym buddy wants to work as hard as you do. Gym time isn't gossip hour. Work first and talk while you recover in the sauna!

VISUALIZATION

Look at your day one pictures. Now close your eyes and visualize where you want to be one year from now. If you have been on this journey for a little while, you can also take a moment and compare your first photos to your most recent ones. Often we forget how far we've come and need a visual reminder.

**ALSO, KEEP THINGS LIKE INSPIRATIONAL
QUOTES, AFFIRMATIONS, AND/OR PRAYERS
ON YOUR BATHROOM MIRROR, ON YOUR
COMPUTER, NEXT TO YOUR GYM BAG, ETC.
READ THEM OUT LOUD OFTEN!**



JOURNAL

We aren't talking about a food diary or workout log; however, those are very important, and we encourage you to keep them. We are talking about putting your day-to-day activities, thoughts, and moods to pen and paper. Write about the happenings of your day, how you are feeling, any victories or setbacks. Writing is very therapeutic, and over time, it will also allow you to be able to look back and get a better idea of your patterns and triggers. You don't need any specific journaling "prompts"... just sit down and write.

THEN, AT THE END OF EACH WEEK OR MONTH, TAKE SOME TIME TO LOOK BACK AT YOUR ENTRIES, WRITE A PAGE ANSWERING THE FOLLOWING QUESTIONS:



▶ **WHAT WENT WELL THAT WEEK/MONTH?**

▶ **WHAT DIDN'T GO SO WELL?**

▶ **SETBACKS THAT WEEK/MONTH?**

▶ **WHAT DID YOU LEARN THAT WEEK/MONTH?**

▶ **WHAT COULD YOU DO TO IMPROVE ON THE NEXT WEEK/MONTH?**

▶ **WHAT PATTERNS OR TRIGGERS DO YOU NOTICE AND HOW YOU WILL MOVE PAST THEM IN THE COMING WEEK/MONTH?**

REWARD YOURSELF

(BUT NOT WITH FOOD)

By all means, allow yourself to have a piece of candy here and there, but stop seeing food as some sort of reward for your hard work. This type of thinking can lead to an unhealthy mental relationship with food. Instead, reward yourself with some new workout gear, a new outfit to show off your body for your next date night, a mani/pedi, a massage, or any other non-food reward.

TAKE A REST DAY

Sometimes we experience burn-out and forcing yourself to train when you are mentally suffering or running on fumes is probably not going to help. If you are really struggling maybe you actually NEED to take a day or two off. Watch a movie, get a massage, catch up with a friend, read a book. Do something that temporarily takes your mind away from the weights and food scale.

IT REALLY IS ALL WORTH IT

Have you ever heard somebody say... "I'm gonna eat what I want, smoke, and not exercise because we are all gonna die one day anyway." Of course our days are numbered and living a healthy lifestyle is not a guarantee that you will outlive someone who doesn't prioritize health.

**BUT LIFE ISN'T ONLY ABOUT
HOW LONG YOU LIVE, IT'S ALSO
ABOUT HOW WELL YOU LIVED.**

When you make your health a priority, the result will be less illness, extra energy, and more self-confidence – leaving you fully able to enjoy **ALL** the things life has to offer.



REMEMBER, THIS JOURNEY ISN'T ONLY ABOUT "WORKING OUT" AND "EATING RIGHT"... IT IS ALSO ABOUT GROWING, LEARNING, OVERCOMING DOUBT, ENHANCING YOUR SELF-ESTEEM, AND RECOGNIZING THE LIES THAT FEAR WILL TRY TO CONVINCE YOU TO BE TRUE.

WE BELIEVE IN YOU!
YOU SHOULD BELIEVE IN YOURSELF!

RECOMMENDED PRODUCT

NEUROCTANE

The mental aspects of dieting and training often slow down well before anything else. Sculpt Nation NEUROCTANE may help fight these mental setbacks. This nootropic blend contains ingredients like Piper Nigrum Fruit Extract, which can possibly enhance the level of your brain's "feel good" neurotransmitters, and the hyper-powerful amino acid L-Theanine, which is said to help reduce anxiety brought on by stressful situations.

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