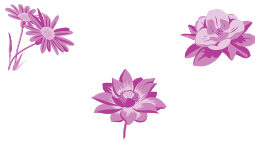




Build Your Motivation



*Motivational Journal
For Weight Loss*

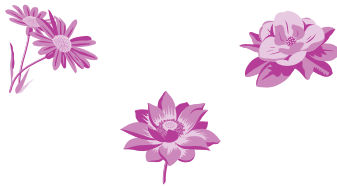




Build Your Motivation



Motivational Journal For Weight Loss



Kleida Selca



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First edition,
Printed in the United States of America.

ISBN 978-0-9961511-1-5

*This book is solely an expression of the opinion of its author.
It is designed to provide information and motivation and is not
intended to offer professional advice or act as a substitute in any way
for the medical advice of a physician, psychologist, or nutritionist.*



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Introduction



I am so sick of this roller-coaster ride.”

If you have tried more than once to lose the extra pounds you carry, you know what ride I am talking about: The roller-coaster ride of weight lost and weight gained that for years has taken you and me up and down, and it seems no matter how hard we try to get off, we find ourselves back on the same ride over and over again.

Through the years of trying to get off this dreadful ride, I learned a lot about food and nutrition—how to cook healthier, how to control portion size—and the importance of daily physical activity... and much more. I learned all the things I needed in order to succeed in losing the extra weight once and for all in a healthy way, and not by following any fad diets, which I knew were a temporary solution and not good for my health.

The frustrating part was that even after all this, I kept losing the motivation to follow through consistently with what I knew I had to do in order to achieve and maintain the desired result. This is how it went time after time:

we think about ourselves and all those thoughts have direct effects on our efforts and the outcome of our actions and the end result of our journey.

In order to change the outcome, you have to change those defeating, negative and unkind thoughts to yourself, and the first step is to express those feelings in words and afterwards take appropriate action.

So that is what I did. Each day I wrote down how I felt during this journey, including all the ups and downs. Many times I did not like to write this down, especially when the situation was challenging and I felt the urge to deal with it the way I had before. What I noticed, though, was that after a while, I was looking forward to turning to my journal and writing things down, even in the most difficult moments, because that way I got to identify the challenges and figure out what I needed to change in order to succeed. Each time I did this, it got easier to identify the pitfalls, and I learned to take appropriate action to turn things around to my advantage and build my motivation stronger.

Doing this day in and day out helped me to build my inner strength and not rely just on outside sources, which were helpful only to a certain extent. I learned that what I said to myself inwardly greatly affected my motivation in a positive or negative way, and each time I made sure to listen to that inner voice and never to push it aside or ignore it as before.

Once I learned to do that consistently, and combined it with the knowledge I already had about what it took to make healthy choices a part of my daily life, my confidence shot up through the roof, and I already felt like a winner, even though the results were not yet obvious to others. In time I was not only able to see steady weight loss, but I was able to succeed, once and for

all, in getting off the sickening roller-coaster ride of weight lost and gain.

So if you, too, are sick of the roller-coaster ride, and you want motivation to help you reach your goal, I encourage you this time to do something more than you are used to. I encourage you not only to spend time and energy treating your body right through good nutrition and exercise, but with the help of this journal, I encourage you to spend time and energy uncovering the real reasons why you allow yourself to get back on that roller coaster time and again . Once you start writing on a consistent basis, your motivation will get stronger, and you will be more eager to take better care of your health. Even if you do not know how to do that properly, you will be eager to learn about it, and when “life happens” so to speak, you will not lose motivation and go back to your old habits again. Finally you, too, will be able to identify and overcome your pitfalls and strengthen your motivation to reach and maintain the results that you desire.

It is time for you to build yourself from the inside out and change your old attitudes which, in turn, will fuel and propel you forward in reaching your goal of not only losing weight, but keeping it off. Start today without delay to BUILD (the new) YOU!

Today / / You Start To:

Become your best

(because)

Use your knowledge

Inspire inward confidence

You are resilient

Leave the past behind

One of a kind

Develop determination

Uniquely designed





This Journal Belongs To:



How to Use This Journal



For a lot of people expressing feelings on a blank piece of paper does not come easily. What makes this journal different and inviting, is that on its pages you will find tips and reminders in form of icons to encourage you to express yourself  and take needed action .

Throughout the journal you will also notice different quotes to inspire you to do the right things when things get hard during your weight loss journey.

The journal is made up of five chapters, four of which concentrate on helping you to develop a strong foundation for your motivation. The last chapter is to remind you to keep making healthy choices to benefit yourself. Make sure to write in those pages the practical steps that you are taking, or need to take to achieve your goals.

It is crucial to write as often as you can, especially when things get hard. This way you can identify your weaknesses and notice the pattern of your thinking and actions in order to learn

what is not working for you and change the pattern and benefit yourself. Also, you will face the same struggles more than once, so I recommend that you keep reading what you wrote before in order to remember how you coped on those situations or why you gave in. Looking back at what you wrote also will help remind you of the reasons you should not give up and go backward. You can do this. You can be successful if you stay committed and accountable and honest with yourself. Most important through all this, remember that a little kindness goes a long way.

Commitment



Definition of *Commitment*

A promise to do or give something.

A promise to be loyal to someone or something.

The attitude of someone who works very hard to do
or support something.





A spark of motivation to ignite determination

You who've battled for so long,

Just know: This time you won't go wrong!

Your spirit that feels broken

Is about to be awoken

Take courage, fight back

You're on the right track.

It's time to grab the bull by the horn

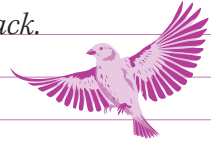
And ride on to a brand new morn.

Sometimes you'll feel you can't hold on

But you will until the feeling's gone

Learn from all those past setbacks

To help you get on the right track.



What will you fight for?

Health problems you can't ignore?

Self-esteem that's gone out the door?

Kids who love you and you adore?

The confidence you had before?

A broken spirit revived once more?

Opportunities you hope to explore?



I have a:

Change Happens Only If I say so Consistently Enough...



Broken Promises

It's vital to appreciate and take care of you,

Because it affects everything that you do.

Say "I can do this" and strength you will find.

You have a choice, so make up your mind,

That when you're feeling down or blue,

And quitting's the easy thing to do,

You'll grasp the determination you need

To forge ahead and to succeed.



Accountability



Definition of *Accountability*

The quality or state of being accountable;
especially: an obligation or willingness to accept
responsibility or to account for one's actions.





*I'll start the next day =
Choosing to stay the same way
I'll start today = You mean what you say*

*I'll start tomorrow;
It seems I always say.
I'll start tomorrow;
That has been the way
I'll start tomorrow;
But then go astray.
I'll start tomorrow,
Or the following day.
I'll start tomorrow;
In the same place I stay.*



Tip: Can you even count how many times you made that statement in the last week? In the last month? In the last year? In the last decade? Write down the results of your choosing to “start tomorrow” and how they have made you feel. The next time you feel the urge to fall into the same pattern, think about the consequences procrastination has brought you and the end result, if you continue doing so.

On the other hand, also write down what will happen and how you would feel if you choose not to postpone but to take action now.

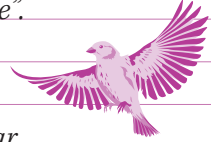


I have a:

Change Happens Only If I say so Consistently Enough...

Procrastination

*If you are tired of opening and closing the same door
and this time you want results different from before,
start now by saying, "no more".*



No more

Excuses that don't let me soar,

No more

Lack of willpower, as before,

No more

Reality will I ignore.

No more

Will my self-worth fly out the door.

No more

Weakness at my core,

No more

Will I think good health is a chore.

No more

Will one failure crush me as before.

No more

Will I need perfection to soar.

No more

Will I be stuck, closing and opening this door.

No more...



What is your "no more"?



*There are a hundred excuses you can make,
but a thousand steps forward you can take.*

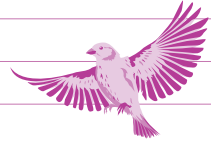
*Dwelling on the past,
Makes my future weak.*

*Dwelling on the past,
Makes my present bleak.*

*Dwelling on the past,
Can't change what happened there.*

*Dwelling on the past,
Lets me go nowhere.*

*Dwelling on the past,
To me, it is not fair.*



I have a:

Change Happens Only If I say so Consistently Enough...



Excuses

*Like a puppet on a string
The past controlled my being,
Years given away,
To should and could have been,
The past already been;
The present I choose to live in.
No more victim I decide to be,
From the past I choose to be free,
Accepting accountability
For what the future holds for me*



Too much weight to bear, if you do not share.

