



Top Five weight loss motivation tips

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As a weight loss consultant I teach people many different ways to stay motivated. Just as everyone is different and everyone needs to follow a weight loss plan specifically built for their personal lifestyle everyone finds motivation in different ways. I wanted to share with you my top 5 motivational weight loss tips in hopes that you too will find motivation and apply it to your weight loss plan.

Motivation Tip 1: In order to keep your focus on your desire to lose weight make a list of all the reasons why you want to lose weight. Keep it in plain site, tape it to your mirror in your bathroom and read them each morning when you wake up. If you are in your car a lot and you tend to eat fast food put a copy in your car. Tape it to your steering wheel or visor.

Motivation Tip 2: If you are looking to lose a lot of weight such as 100 pounds. Break out your calendar and set your goals. Be very realistic here. Example: your current weight is 190 pounds; your ultimate goal is 130. Let's say it is January 1st set your first goal of 15 pounds then realistically plan for that and give it a date. Say March 5th (this will give you 9 weeks to lose 15 pounds). Set shorter lower mile stones at first to give you momentum then spread it out a little as you go.

Motivation Tip 3: Plan a treat for yourself when you have had a great week. Make it non food related such as get a pedicure, facial, buy some make-up. Anything that makes you feel better about yourself and your great progress.

Motivation Tip 4: Take a picture of yourself in a swimsuit or something that will show your body better. Each month on the same date take another picture in the same outfit. Doing this will make you feel great seeing how baggy the outfits gets each month, keep the pictures close by so you can look at them. Best place it to post them on your bathroom mirror, the reason I say that is you will see them every morning and that will remind you to make the best choices you can each day.

Motivation Tip 5: Read inspirational stories of other people who have lost weight. Do read into how they did it just read about their success for what it is success. Every person is different so the plan that someone follows doesn't mean it will work for anyone. If you hire a weight loss consultant (recommended) ask them to hook you up with other clients for a support group they should be more than happy to do that and the other clients would like it too.

In conclusion there are many ways to find motivation for weight loss. As a consultant I have found that these 5 tips listed above have proven to work for several clients over and over again.