

# How to Get Started And Not Stop

We wake up one morning and think, "I'm tired of this. I'm going to get healthy." Then, we change what we eat, we start working out every day, we drink protein shakes and take multivitamins. After about a week or two of our healthy lifestyle, we feel exhausted, frustrated and impatient because we see no progress and consistency is so darn difficult. So, we give up. And just like that, any progress we made goes out the window. Until a few months later when we repeat the whole thing over again.

When we give ourselves significant time in between starting events and/or tasks, we are more likely to keep doing them! For example, if we want to get healthy, we should ONLY start going to the gym. Hold off the diet change, hold off on the protein shakes and the vitamins, and focus on just forming a consistent gym routine. Once our gym habit feels like second nature, that's when we can throw in the rest one at a time.

Allow for tiny steps. Break down the "I'm gonna start X" into the smallest, detailed, components we possibly can. These will eventually get us where we want to be. To start going to the gym regularly, you might have some of the following tasks on your list:

- Set an alarm to wake up early.
- Put clothes out before bed.
- Have a water bottle in the fridge.
- Keep keys, headphones, & phone on the nightstand.
- Download a workout app.

Following these steps will make it easier to develop long term habits. You could also partner with an ability buddy or coach. Sharing the experience also means sharing the load. Two people doing the heavy lifting is much easier than one!



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