

# 17 Simple Ways to Stick to Your Exercise Goals



Tired of skipping your “scheduled” gym sessions? Wondering when you’ll actually keep your promise to sweat three times a week? These tips will help you get excited and motivated to stick to your exercise goals each and every week.



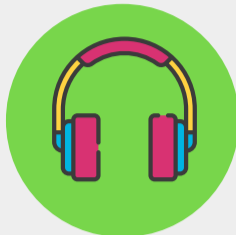
## Create a Personal Mission

Make your workout routine and goals personal. If you have a specific goal in mind — not your trainer’s, your best friend’s or spouse’s — then it’s easier to stick with your workout routine.



## Visualize Your Finished Workout

Imagine how you’ll feel when you’re done — sweaty, happy, and proud, right? Hold onto that feeling with every finished workout to inspire your next sweat session.



## Make it Work For Your Lifestyle

Fit in your workouts where you can, even if that means splitting it up throughout the day. Can’t miss that rerun of Friends? Then hop on the treadmill, stick in your ear buds and multi-task for an hour.



## Be Kind to Yourself

You aren’t going to feel great about yourself and working out if you keep pointing out your flaws to yourself. Instead, give yourself grace. Tell yourself you’re getting stronger and healthier with every workout, even if you don’t see the immediate results.



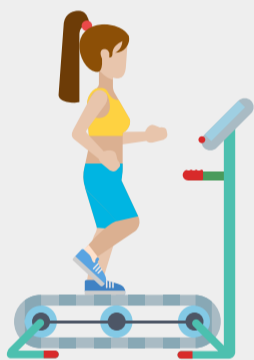
## Measure Your Progress

A great way to measure your progress is in inches lost, energy gained, confidence strengthened, and even lost pounds. Take photos, log your inches, and watch your endurance improvement for signs of success.



## Cue the Triggers

Set little subconscious reminders to do your workout — like leaving your workout clothes on your dresser and filling up your water bottle the night before will trigger your brain to get up and workout when you see them.



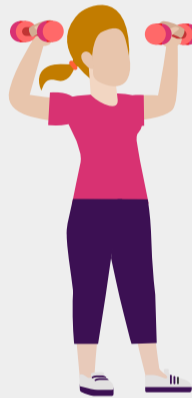
## Change It Up

Boring routines will get to you quickly. If you’re one to tire of activities rather soon after you start them, then it’s important to plan ahead to nix any excuses to skip workouts.



## Be Accountable

Find a workout buddy to sweat with each week. An accountability partner can increase the likelihood of sticking with your exercise goals by 65%, according to research.



## Invest In It

Get yourself that dumbbell set or smart water bottle. Investing money can help invest your mind into the workout process, too.



## Have Fun

Whether you find yourself getting bored with your regular routine or can’t stand the thought of a particular exercise, make it your mission to find the most fun workout for you.



## Keep Track

Log your activity each time you are working out. Apps like WoofTrax and Charity Miles can make it even more fun to track your walking workouts while you do good in the world, too.



## Make it a Family Affair

Make a plan together to do several fun, physical activities each week together. Not only will it provide time away from sitting on the couch, but it also offers an amazing opportunity to connect together.



## Move on the Job

Make your break times more effective by getting in mini workout sessions throughout the day. Stretching, short yoga flows, and body-weight exercises are all excellent ways to get in various exercise routines.



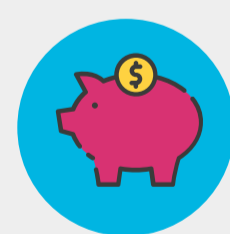
## Tell Yourself a Little Lie

“Lie” to yourself if it gets you to workout. Sometimes you have to self-motivate in unconventional ways — like telling yourself you’ll only go to the gym for five minutes. Usually, it turns into a much longer session.



## Skip the Comparison

Everyone is on their own path and does things for their own reasons. Keep your reasons for working out personal, and you’re bound to see more success.



## Put Money On It

Hate losing money? Set aside a specific amount that you’ll dedicate to charity if you decide you want to skip your workouts. It’ll incentivize you!

“Some people want it to happen, some wish it would happen, others make it happen.”

– Michael Jordan