

## How to get motivated again

“I wish I could do better, but eating healthy and exercising can feel so overwhelming.”

If you’ve ever had these thoughts, here’s a gentle, effective way to get you moving in the right direction.

### **It’s called the 5-minute action.**

There’s nothing special about 5 minutes. It could be 10 seconds, 1 minute, or 10 minutes.

The point is:

- It’s an action—something you do.
- That action is very small, something that feels easy and simple.
- It moves you in the direction you want to go.
- It’s an easy win—which gives you the confidence boost to do more good for yourself.

### **How to do it**

Pick an action that might have a positive impact on health and well-being right now.

Some examples:

- Cut up some carrots for a later snack.
- Do five minutes of foam rolling.
- Slowly enjoy a mug of tea.

You can also get a little more strategic, and pick an action—maybe even one to commit to daily—to support a larger goal.

For example, maybe your ultimate goal is to get back into the habit of eating mostly home-cooked meals.

Take ONE small action in support of your bigger, future goal.

That might mean making a grocery list, looking up some recipes, or chopping up a few vegetables.

It can be tough to get motivated, but here’s a secret: It’s action that drives motivation, not the other way around.

When you do a small thing to improve your circumstances, this actually inspires you to do more things.

Now you’re no longer “waiting to get motivated.” You’re creating your own motivation.

**GET EVEN HEALTHIER!**

---

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

**ABOUT ME**

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

Phone: (810) 569-8184

[Joshua@compasshealthwellness.com](mailto:Joshua@compasshealthwellness.com)