Build Your Motivation

Motivational Journal
For Weight Loss
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“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:
I would decide the date to start taking better care of my health and tell myself: “This time, this is it; I am ready to do all the work that it takes to take better care of myself, and finally I will reach my goal weight!” I would get so excited, thinking about the outcome and how much it meant for me to reach that goal. And for a while I did well, but not too long after, “life happened” so to speak, and the excitement and motivation flew out the window and got replaced by frustration, disappointment, and feelings of failure again. I found myself back on the same sickening ride that I wanted so badly to get off.

Does this scenario sound familiar?

Do not worry; you not alone. Keeping motivated to meet the goals that we set for losing weight or trying to adopt a healthier lifestyle is a challenge for most people. But how we can break this cycle?

In order to accomplish that, I decided to do something that was familiar and had been helpful to me before, but with a new twist to it. I decided to keep a journal, but not a food journal like before; instead I decided to keep a motivational journal.

I reasoned that, if keeping a food journal had helped me become more aware of how much, or what, I ate, keeping a motivation journal might help me to be more aware of the pitfalls that made me lose my motivation. This way I would be able to avoid them or learn ways to cope in order not to let those pitfalls become my downfall.

I wanted to be able to see the results of the effort and hard work that I’d put in through the years in taking care of my health, and I had learned the hard way that could not be accomplished if I was sporadic in putting into practice what I knew.

I was determined to stop the cycle which never allowed me to keep consistent and finally reach my goal in getting off the sickening roller-coaster ride.

For the first time in trying again to reach my goal I was not only excited but also confident because I approached this challenge with a new outlook.

When I started my motivational journaling, I thought I had a pretty good idea how I had to go about it. I reasoned it required almost the same things that a food journal did—basic principles like, commitment, accountability and honesty—but I found out it was harder than I expected. This time around was not just about recording facts about the food I ate. Now I had to express in words my feelings and attitudes and emotions during my efforts to reach my goal, and how they affected my motivation in losing weight.

I learned also that in order for the motivational journaling to be successful, one more essential component was needed, in addition to the three principals that were a must in food journaling.

Since in motivational journaling we are not just recording facts about the food we eat but we are writing about our feelings and emotions and how they really affect our motivation, successful journaling requires not just commitment, accountability and honesty, but also the most important ingredient of all, kindness.

Why is kindness so important during this process? During the weight loss journey most of us can be very unkind in the way we talk to ourselves, especially when things are not moving as fast as we would like, or when we fall short in reaching our goal by a certain date, or we do not see the right numbers on the scale … and the reasons can go on and on. That, in turn, affects how
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 in-
wardly 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 then 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
Leave the past behind
Develop determination

You are resilient
One of a kind
Uniquely designed

This Journal Belongs To:
Foundation for a Successful Motivational Journaling:

**Commitment:** Will remind you that you are in this for the long run and not just to reach a goal by a certain date. Commitment will help you to keep looking deeper into yourself and find valid reasons why you should not give up on this journey and how it will all be worth it.

**Accountability:** Will not let you give up if you are disappointed at not being able to fit into your favorite clothes by the date that you expected or if the number on the scale is not what you wanted to see. Accountability will stop you from procrastinating in taking needed action now, in order to turn things around. It will help you realize that if you want to move forward, you can't let the past control your present or use it as an excuse to be stuck in the same place.

**Honesty:** Will help you to stop being in denial and really face why you could not succeed before. It will help you recognize that
turning to food other than for physical hunger is not comforting but damaging to your physical, emotional and mental state.

**Kindness:** Will open your eyes to the fact that negative thinking has, until now, led only to negative results. Changing that thinking will be a rewarding experience because will help you stop concentrating only on your flaws. Kindness will help you to be grateful for what you have and learn to count your blessings and enjoy the attributes that you already have. That, in turn, will make you to want to take better care of yourself and reach any goal that you set your mind on.

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**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**

_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.
<table>
<thead>
<tr>
<th>What will you fight for?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health problems you can’t ignore?</td>
</tr>
<tr>
<td>Self-esteem that’s gone out the door?</td>
</tr>
<tr>
<td>Kids who love you and you adore?</td>
</tr>
<tr>
<td>The confidence you had before?</td>
</tr>
<tr>
<td>A broken spirit revived once more?</td>
</tr>
<tr>
<td>Opportunities you hope to explore?</td>
</tr>
</tbody>
</table>

**Tip:** Make a list or write in detail what you are fighting for. Answer questions such as, what, why and who you are fighting for. Keep these in front of you during your journey in order not to let yourself give up as you have before when you faced challenges.
I have a:  
**Change Happens Only If I say so Consistently Enough...**

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**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.

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**Tip:** Many times we promise ourselves and others that we will change, but we still end up in the same place time after time.  
Write in detail the consequences of not taking the right action in taking care of your health now, today, tomorrow, next week, next month, next year, into the next decade. How that will affect your physical and emotional health, your life, and the things you like to do? How will it affect the people that you love and care about? Read your answers time after time when you feel down or like quitting.
Build new mental fortitude, by changing your attitude.

I have a:
Change Happens Only If I say so Consistently Enough...

Quitling

Dieting, just for a while
Does not add up to a healthy lifestyle.
Health requires a commitment firm
To follow through for the long term.
You can’t stay in denial
As your weight start to pile;
You can’t quit or retire
When things get grim or dire.
Endurance and patience hold the key
To the change you want to see.
When you stumble or feel unsure,
Tell yourself, “I shall endure!”
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...