

# Boost Your Training Motivation



## **"I can't do it - I don't want to!"**

We've all been there. The alarm is going off. You know that it is time to train, but you just don't want to!! The lure of staying in bed is strong, perhaps it is raining outside, or maybe you are just sooo tired after a long day. Whatever is stopping you, you aren't alone! Even athletes at the highest level don't 'feel like' training every single day, the difference is that they have developed strategies to ensure that they do. The good news? You can do this as well!!

Read on!



## WHY ARE YOU TRAINING?

When supporting people with motivation struggles, I always start with this – WHY is it that you want to train? What is the end goal, and more importantly, what is it about that goal that REALLY MATTERS to you? How for example, does 'completing a 10k' or 'getting a 5k PB' align with your values and what is important to you in life? To offer an example, two people may both have a goal to run a 10k PB. One naturally enjoys running, and values the sense of achievement they feel from sticking to a training plan and improving their times. The other doesn't especially love running, but highly values their health and fitness levels as it allows them to be more active with their children. They have come to realise that having a training plan and aiming to improve their running is the route that works for them in achieving this. Whatever you identify, it is MORE THAN THE GOAL ITSELF. Keep digging with 'why?' until you get to the reason that makes you feel emotional. THAT is your POWERFUL WHY.

### TAKE ACTION!

#### WRITE DOWN YOUR POWERFUL WHY

You've identified it, now write it in capitals at the top of your training plan or somewhere you will see it. "I WILL COMPLETE THIS TRAINING PLAN BECAUSE....."



## WHEN ARE YOU GOING TO TRAIN?

This may sound obvious, but if I had a penny for the number of times I have had people tell me that they "must train first thing in the morning", and then later report that "I got up, thought 'oh I'll just do it when I get home', and then I didn't because I was so tired", I would be very rich!!! What has your past experience of exercise taught you? When do you find it easiest to train? Are there any times of day when realistically it is just NOT going to happen? Are there logistical (e.g. childcare) factors to take into account? Be really honest with yourself about when your training sessions can happen. If you know that the 'morning slot' is the only time it will get done, commit to it, and know that anything else your mind tries to tell you, is not true!

### TAKE ACTION!

#### WRITE YOUR TRAINING SLOTS IN YOUR DIARY

Commit to them like any other appointment. If you don't have a regular schedule, commit to a time you will sit down each week and plan for the upcoming week.



## TRAIN WITH OTHERS

Some people find that training with other people helps them to stay on track. If you can't get someone to physically go with you, is there someone you can 'buddy up' with and message each other when your sessions are complete to keep each other accountable?

### TAKE ACTION!

#### WHO COULD YOU BUDDY WITH?

Have a think about whether staying accountable to a training partner could work for you? If so, who could you ask?



## THE "I CAN'T" OR "I DON'T WANT TO" STORIES.....

Our minds can sometimes be very unhelpful. If you have identified your 'powerful why', you will be quite clear on what completing your training plan means to you and how this fits more broadly into your values and what is important. You have decided that you want to commit and are clear on that. Unfortunately, this doesn't mean that our mind is not going to pop up and try to de-rail us!! This may particularly be the case if you have struggled to stick with training plans previously. When we try to move towards something that is important to us, our mind can sometimes get a little fearful and, thinking that it is helping, try to move us away, where it feels more 'comfortable'. BUT if we recognise this, and prepare ourselves with kind and positive statements to tell it in return, we do not have to let it rule our actions. Take some time to identify what YOUR mind will say to stop you training? This will be different for us all but some examples may include "I'm too tired" or "I'll never do this anyway" etc. Notice when these phrases occur, what can you say to reassure your mind and take the action anyway, despite what it is telling you?

### TAKE ACTION!

#### IDENTIFY YOUR 'STORIES'

Write down the phrases you know that your mind is likely to say to you that will stop you from training. Now write down what you will need to hear (say to yourself!) to overcome these and still go.



## PREPARE YOUR KIT

Another one that seems obvious, but that few people actually do. When you know you need to train, you want to give yourself as few barriers as possible to doing so! Make sure you have all the kit you need ready and laid out in advance. Don't let it come time to leave the house, then find you spend 20-minutes looking for a pair of shorts, allowing your mind time to talk you out of going!! Don't give any space for options – have the kit ready, put it on, get out of the door.

### TAKE ACTION!

#### HAVE A PLACE FOR YOUR KIT

Identify where you will lay out your kit ready for training. Make it somewhere easy such as by your bed if you'll be starting early.

## GET IN TOUCH

If you are struggling with motivation, confidence, or any other aspect of your sports mindset, don't be afraid to seek support. Drop me a message to book an online introductory meeting (it's free!).

[www.laurarowe.co.uk/contact](http://www.laurarowe.co.uk/contact)

