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| |  | | --- | | Anything is Better Than Nothing!  *Allison Worley, Personal Trainer*  *Sun City/Georgetown, TX*    Are you still struggling to get back into a pre-pandemic routine of consistency? Already lapsing on the January get fit/lose weight/be better at something resolutions? You probably know how to do whatever it is you resolve to do; you’ve done it in the past…maybe you used to be good at it, and even enjoyed it. You know what you need to do, but somehow your brain just keeps getting in the way and your good intentions crumble.    New and/or improved behaviors require a lot of effort because change is hard. Real change requires a lot of motivation. But you might have noticed that motivation isn’t something we can muster on command. It comes…and it goes. And when motivation wanes, we tend to follow the path of least effort, or do nothing.  So, if our motivation has stagnated, if we continually fall short at achieving our goals and resolutions, maybe we need to factor in that failure. To lower our expectations, to expect less of ourselves. **Maybe all we need to do is anything that is better than nothing**. Something that might seem ridiculously easy - walk for one minute, do just one exercise, add one lettuce leaf to our plate. Achieve something that nudges us in the right direction, but doesn’t require ambition or great planning.    Try doing just one thing that is better than the nothing you are doing now. See how it goes. Your goal is not high achievement, but rather repetition. Let yourself be mediocre at whatever you are trying to do, but be mediocre every day. Take just one step but take it today and then every day – every single day.  Doing better than nothing is easy to repeat, again and again, until it’s on autopilot. You can do it when you aren’t motivated, when you’re busy, even when you have no time. Once you start acting on autopilot, you have made your thing a habit and habits can be expanded.    You may be tempted to get ambitious with your achievements but just know that when you start to think you *should* do more is when things start to get difficult. Expectations can eliminate the easiness and that’s when you start to need motivation again. And when the motivation isn’t there … again, you’ll sit in front of the computer doing nothing instead of doing anything that is better than nothing. Let things progress naturally.    The whole idea here is that doing better than nothing doesn’t depend on motivation, or energy or being good at something. Your first step towards getting somewhere is to decide that you’re not going to stay where you are. All you have to do is better than nothing.  ﻿  Life is about progress, not perfection! Progress knows no finish line. | |

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*As with all exercise programs, please use common sense. To reduce and avoid injury, please check with your doctor before beginning any fitness program or performing any fitness activity. Do not start any fitness program without consulting your physician or health care provider. Shared with permission of Allison Worley.*