



EFS PERSONAL TRAINING

Energize Tips

Finding Your Motivation

Why do you workout? Knowing what your motivation is makes it easier to be committed and consistent in your workouts.

- List 5 different reasons why YOU workout (better health, want to look better, etc).
 - Put your workouts on your calendar and plan for them (pack your bag the night before).
 - Ask yourself: 'will I regret skipping this workout?'
 - Reward yourself when you follow through with your workouts.
 - Always remember why you started! Refresh and update your list as often as you need to.
- Check out the video
<https://youtu.be/XGGOZNRyzMw>