



Creating Weight-Loss Passion!

Passion! What a strange word for a weight-loss program. If you're struggling with motivation, passion is the last thing on your mind.

Maybe you're still trying to revive your exercise program after weeks of being sloth. Or you started back on your diet plan but it feels like drudgery, certainly not passion!

Passion and motivation go hand in hand. When you feel one, you'll notice the other as well. But just like motivation, passion doesn't appear out of the blue. It has to be created.

Whether your goal is losing weight or maintaining your current level, once you build more passion in these areas, you'll be amazed at your level of success.

Stand up!

Right now, while you're reading this, I want you to **stand up**. Notice a difference in your energy?

Creating passion begins with you taking action. Even the smallest micro movement can get you unstuck and moving toward a renewed sense of hope and accomplishment.

Passion does a lot of things:

- Makes you excited about life
- Revives your energy and helps you accomplish new things
- Provides day-to-day zest and enthusiasm for all areas of life
- Gives you a sense of hope and encouragement
- Gets you out of the doldrums and pumps up your dreams
- Extends, pushes and challenges you way beyond your usual efforts

Where do you need passion?

Think about places where you need more passion. Maybe you're discouraged because you overate during a vacation or holiday season.

Or maybe you hate exercise and can't get yourself out the door for a walk.

Perhaps you feel overwhelmed because you need to lose a lot of weight and don't know where to start. Wouldn't it be great to have passion instead of discouragement in all of these areas?

So how do you find passion? The answer is... you don't! You create it. Passion comes as a result of giving extra focus and attention to specific areas in your life.

Like a tiny spark that creates a roaring fire, passion grows when you give it fuel. The more you focus on it, the stronger it becomes.

Passion takes courage

Creating passion requires that you live from a place of energy and confidence, not fear and insecurity.

To build passion, you have to take ownership of your life. You have to fire up your own actions and in some areas, push yourself a little harder.

Make this your PASSION year

Pick one or several areas of life, then pour some energy and focus into making progress. You might choose a physical goal such as your exercise program.

Or take your current diet plan and figure out how to get excited and passionate with planning special meals or trying new recipes.

You can use the passion theme for your job, your family, even your pets. All it takes is deepening your commitment and focus to your chosen area.

Dream big!

Maybe you yearn for a new job or a fresh relationship. Perhaps you want to build stronger connections with your children or spouse.

Write down your ideas, then pick one specific area to focus on this week. Plan how you'll build your passion in this area, then strike the match and light your own fire.

Each day, give this goal extra attention, energy, focus and love. By the end of the week, you'll be amazed at how differently you'll feel about that area of life.

Related Diet Coach Café Worksheet: How to Improve Passion and Energy