



By  
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We all want to be healthy. But how willing are you to really do the work of becoming and staying healthy in your busy, fast-paced life? It takes sustained effort, and, in today's world, that's not easy. There is a Chinese proverb that says, "He who takes medicine and neglects diet wastes the skills of his doctors."

Here are 8 tips for motivation. Even if one or two of these things helps you to make a choice that is better for you, great!

## Developing Habits for Health

1. Recognize that you always have choices. Take some time to think about the choice you are making. Choose the option that will make you feel proud of yourself.

2. Schedule all healthy habits. If you rely on last-minute decisions, they will be more driven by emotional states or temporary physiological states (such as hunger or fatigue).

3. Believe in your ability to handle discomfort and difficulty. Yes, it's hard, but you've done "hard" before. Frustration and impatience are temporary states. This too shall pass.

4. Take the word "lazy" out of your vocabulary when describing yourself. It makes you feel bad and gives you an excuse for giving up.

5. Be gentle with yourself in your judgment but be tough on yourself in your commitment to your health.

6. Don't skimp on down time and fun activities; they make the hard stuff worthwhile.

7. Find a health role model. Who do you know who's doing it right? What can you learn from him/her?

8. Remember that accomplishing a goal is never an accident. It takes planning, action steps, and contingency plans.

Don't be afraid to ask for help from your healthcare team. Many people need guidance, support and encouragement when they are making big changes. This is an investment in yourself

and your family that will really pay off. Keep your sense of humor and find the joy in your journey. Here's to your health!

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