



MOTIVATION

VS

DISCIPLINE

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MOTIVATION VS. DISCIPLINE.. But what if it's more complicated than that?

We have all heard the saying "Motivation is what gets you started, but discipline is what gets you results". Which isn't entirely false! It is incredibly difficult to rely on a burst (whether it be 1 day or 1 month) or motivation to get you to where you want to be. A healthy lifestyle is ongoing – and that is why this Transformation is not a hard and fast one.

You are heading into the final quarter of 16 weeks of learning, making changes and seeing results. By now, it's likely that you've lost a bit of that motivation that you had in the beginning.. even if it only dropped off for a short while. This is where we hope that you have utilised resources to put plans in place when this does happen! It could be an exercise schedule, a day to meal prep or mindfulness activities before bed to reflect and make changes... this is all part of discipline. The daily actions you do, the boxes you tick - whether you feel like it or not - that will lead you to where you want to be!

The missing piece of the puzzle here is a big one. Motivation is fleeting and discipline can be hard when you're creating new habits or when you feel like you're not seeing results.... So what about ENJOYMENT?!

Whether it's training, nutrition or any other task you've ever set yourself – you KNOW it's easy to stay consistent when you ENJOY what you're doing!

So, how can we apply this to your 16 week transformation and your health and fitness journey?

1. Write out your training days, and have your meals PLANNED on paper for the entire week and put this in plain site! Re-writing every week makes the schedule relevant and flexible, to suit your lifestyle! Include your meals out with friends or family, and jot in your long walks or bike rides too. If it's not on paper, it's just a thought – not a plan!

2. Find yourself not looking forward your sessions? Starting to feel like a bit of a chore?

Change it up! Try a different training style that is going to mentally and physically stimulate you. High intensity training, Strength and Conditioning and CrossFit all have different focuses and are made up of different skills. Try another session to spark that fire in you again!

3. Sick of the same meals over and over again? Try new healthy recipes! All of the Day on a Plate's and weekly recipes curated for this transformation are created BY a busy, working Mum – Stacey! New recipes don't have to be time consuming, and they could be what keeps you on track with your nutrition!

Routine and self discipline along with enjoyment will always get you to where you wish to be! Enjoy the journey, take the lessons (and learn from them) and do it your



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way!

