



Three G's to Keep You Going - When it comes to motivation, getting started is one thing, but keeping things moving in a positive direction on a long-term basis can be where the real challenges are. For example, think about how many times you may have said “That’s it, the diet starts today” or “Today is the day I finally stop smoking for good”. Making that initial declaration to start changing can be quite popular during periods of high emotion but once that initial enthusiasm dies down, what are some things to keep in mind in order to sustain positive change and not give up?

Thinking about the **THREE G's** can help you stay motivated to achieve your goals:

Gratitude – Gratitude is an attitude or way of thinking. It is so important to remember to be grateful for each little positive step you make in the right direction. Gratitude is all about reframing things in a positive light. For example, instead of saying “Oh NO! I went half a day and then I messed up!”, Gratitude would have you look at the same situation and say “YES! – I made it half a day before I messed up, I am going to try harder tomorrow”

Guidance – The old cliché “You can’t do it alone”- is true! – People who sustain motivation and progress are not afraid to ask for help, especially when they are struggling. Make a commitment to reach out for help in order to stay on the right course. Let others whom you trust, know your goals so there are people ready to be there to support you. Set up an arrangement to consult with these supportive people regularly.

Grit – Grit, by definition, includes “*Courage, resolve, strength of character, perseverance*” Simply put, those who display grit are individuals who do not give up. A well-known Japanese proverb says, “Fall down 7 times, get up 8” In order to develop grit, make a commitment to sticking with your goals through all of the ups and downs along the way. Don’t give up, no matter what!

Remember the three G's for your goals!

Process Questions

Gratitude

- What are you grateful for today? (This question never gets old)
- What is something you should think about more often that you sometimes may forget to feel grateful about?
- What does it feel like for you when you are feeling grateful? How can you increase that experience in your life?

Guidance

- Where do you turn for guidance on a regular basis for day to day advice and direction?
- Where do you turn for guidance during especially challenging times?
- What is your plan to keep in contact with others who can provide good guidance for you?

Grit

- What are some ways that you currently show grit in your life every day?
- How can you continue to show grit in your life and even increase it especially when things get tough?
- What does it feel like after you show grit and you are able to grind through a challenging time without giving in or giving up?

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.” - Dale Carnegie