

motivation

- I deserve some « ME » time.
- I feel a sense of pride after a workout.
- Better a short workout than no workout.
- I need to unwind.
- My friend/buddy is waiting for me at the gym, gotta go.
- This evening, while relaxing on the couch, I will feel a sense of accomplishment.
- I will feel so much better afterwards.
- I'll be one step closer to my goal.
- It's been two days since my last workout, I've got to go.
- I'll sleep so much better tonight.
- I'm fortunate to have a healthy body that allows me to be active.
- I never regret a workout.
- My personal trainer will be proud of me.
- My Zumba instructor will be glad to see me.
- I can't wait to wear my new gym outfit.
- Success is no accident, it's the result of dedication and hard work.
- It's an investment in my health.
- It'll give my immune system a boost.
- I want to perform well at hockey/tennis/skiing/my next running event, etc.
- I want to reach 100% of my goal on my Fitbit®/Polar monitor.