

# HAVE YOU EVER WANTED TO....???????

Not me you say!

Read on.

Every New Years Eve, thousands of people around the world make a resolution for the next 365 days and beyond.

Many of these resolutions involve fitness, weight loss, giving up smoking etc. etc. etc...

Only a small percentage of these people go on to achieve their set goal/s.

Why? You ask.

Statistics show that a majority of people who fail to undertake their resolution are waiting for a missing ingredient known as getting a ROUND TO IT.

History has shown that the Round To It is actually a dormant substance, activated only when accompanied by other ingredients such as MOTIVATION and DEDICATION.

What are they, and where do I get them?

MOTIVATION – is acting on the urge to act.

There are many levels of motivation and many reasons to be motivated. A couple that come to mind are;

LONGEVITY – Statistics prove that a positive, healthy lifestyle leads to a longer, improved quality of life.

FAMILY – How important are your kids and family?

Are you aware that you are a mentor to your children? A child's actions are directly related to your actions.

Lack of motivation leads to empty promises and unmotivated children, who may become unmotivated adults, so if not for you, get motivated for them.

DEDICATION – is the ability to continue, despite conditions, to achieve a set task.

Contrary to popular belief, everyone does not possess these genes, although, it is possible to acquire them either by mental remodelling, or inspiration from another source.

Personal trainers and motivational speakers are becoming the norm to inspire clubs and individuals in a variety of areas. Not only are these people doing a service to the community, they are also planting the seed of Motivation into people aimlessly searching for the ever elusive ROUND TO IT, encouraging people to be led by their dreams and inspirations.

So, whether your goal is to compete in the local Triathlon or walk the Rail Trail, setting a goal is your first step to Self Motivation.

Achieving a goal will put to rest the once voted, lamest excuse known as getting a ROUND TO IT...

Debbie Rielly