



What if You Fail



It's OK to Fail

Failure is inevitable. At least once in your life, you *are* going to fail at something. Failure separates the weak from the strong. Some people fail, and they give up on their goals. Others fail, and they gain invincible strength. When you're hard on yourself for not getting to the gym or missing that last rep, accept it, and use it as motivation to do better next time. If you're feeling too tired to get through your usual 30 minutes of cardio, set a minimum of 10 minutes.

Be Aware of Hurdles and Obstacles

The first thing we have to talk about when it comes to a failure to exercise are the hurdles and obstacles. You may call them 'reasons' but we all know when we're coming up with excuses to not do something we're supposed to do. We need to get rid of these excuses because they get in the way of the real truth – The real reasons we aren't working out. These excuses allow us to keep NOT exercising rather than drilling down to the nitty gritty.

Create a Crisis Plan: Failing to Plan, is Planning to Fail.

Step 1: Identify all potential mishaps that could occur.

"I don't have time"

"I'm too tired"

"Work is too busy"

Step 2: Create solutions for all mishaps so you're able to navigate through the situation with ease. It is key to write down your solutions and use them when you need to.

Create A Habit Schedule

Track your habits and goals to help you stay motivated and consistent. A habit schedule is a good way to track accountability. Tick off each time you participate in your new habit and at the end of a week or month, reward yourself with something that is personal to you. If you miss a day, just simply go to the next week or month to continue working on your goals. It is known that if you reward yourself for your success, you are more likely to continue to achieve your goals. Check out EHW's [Habit Tracking Fitness Sheet](#) for an effective way to build new habits and goals.

Triggers

It is important to understand how triggers work so you form or break habits faster. A trigger is an external event or circumstance that produces a specific response. For example, linking a new habit to a daily event, let's say that for a certain goal your new desired behavior should be drinking more water.



Link drinking water to sending an email so that pressing send becomes the trigger to the new behavior of drinking water. This in return will evolve into a frequent positive behavior.