

Day 1:

THE MOMENTUM MINDSET

Welcome to Day 1 of the Get Moving Challenge.

Thinking about getting fit can be really overwhelming. The thought of running a mile or doing 20 push-ups can seem so intimidating... *impossible* even.

While we have great intentions, life gets in the way and we just can't seem to get up and get going.

I mean, have you ever noticed...

It's not hard to get moving when you're *already* in motion...

...but finding the spark to get started when you're lying on the couch on a cold, rainy day?

Nearly impossible!

Sometimes it seems a whole lot easier to do nothing, doesn't it?

But thankfully there's a better way!

And the best part? You don't have to miraculously become a gym rat who does Crossfit seven days a week. ;-)

CREATING A MOMENTUM MINDSET

The thought of running for an hour in the freezing rain ain't gonna get you off that couch, amigo.

The simplest way to kick that procrastination bug and build a momentum mindset is to make the action *so small* and *so simple* that it becomes almost frictionless.

That's the trick. Plain and simple.

Want to get moving *now*?

Keep it simple. Don't rely on your mood, or the perfect weather, or a workout buddy to get you going.

Build movement into your day so you can do it whenever and wherever you are.

Tip: If you need special tools or conditions, then it's too complex.

But getting up and doing 1 jumping jack? Doable.

Don't commit to 100. **Just do ONE.**

That way it's frictionless. It will take a grand total of 5 seconds. Done.

The best part about this technique is that once you get up and get going, it's easy to say "just one more" and add an extra rep.

But not feeling it? No pressure and no obligation. Just do one. That's the minimum for today.

You got this!

ACTION:

Let's build your momentum mindset today with a small and simple action step.

What is ONE *tiny* action that you can commit to doing today? Tiny means... 1 push-up, 1 crunch, or 1 jumping jack. Not 10. Not 5. Just one.

Once you decide what that *one* tiny habit is... Do it. Now. Just get up and do it. It'll only take MAX 5 seconds.

Don't be overly ambitious. You don't want to go too big and overwhelm yourself. Small and repeatable is trick.

With this mindset, you're increasing your odds of progress and success.

Okay, now it's time for you to get busy. Go do your ONE thing now, then in the comments below, please share what your tiny action was. Come on, don't be shy!

Stay tuned for tomorrow because we're going to keep you moving. Don't worry, you'll be able to handle it!

See you tomorrow!