

Avoid the Start and Stop and Start Again Syndrome

One great way to kill your confidence is to constantly start and stop your exercise routine. It's common for people to get psyched up and dive in to working out and then drop it altogether when the craziness of life intervenes. But if you start and stop all the time, you are setting yourself up for a never-ending cycle, where you won't see any progress. Don't tackle the world in a day. Think baby steps. Think of what you can do and schedule today even if it's small increments of time that you eventually build upon. Commit to what you can achieve, at least at first.

Is your exercise schedule working for you? If not, use this space to create a more realistic schedule you can stick to.