

Bony TO Bombshell

THE ULTIMATE CHEAT SHEET FOR Time, Motivation & Energy

MUSTER UP MOTIVATION TO START RIGHT NOW



Ask yourself "why am I doing this?", so that even the smallest actions are meaningful.

HOW DO YOU IMAGINE YOUR FUTURE?



Set a cleared defined goal for a short period of time. Acheive it and then set another one.

DO WHATEVER YOU CAN, EVEN MINI-WORKOUTS, FOR AT LEAST 60 DAYS



Each time you do something, you make it easier to repeat next time. Reach 60 days to make your actions automatic.

ADD EXTERNAL THINGS TO CARVE OUT TIME & REINFORCE YOUR ACTIONS



Try working out in the morning, schedule your workouts, add reminders to your calendar app, & use accountability.

THE ULTIMATE CHEAT SHEET FOR Time, Motivation & Energy

We often know what we should be doing.

But we run out of time at the end of the day.

Or we're exhausted by 6 pm even if there are a few hours left.

We don't even have time to eat, let alone get a workout in. Most days are crazy. There's no routine; there's no balance.

Miss a couple weeks of workouts? Why even bother, right?

If any of that sounds familiar, well, we've been there too. But it doesn't need to stay that way.

In fact, with the right plan and system...

Move a couple key things to the start of your day, maybe even place a bet, and knowing the mental framework of asking yourself why.

With the following scientifically-backed directions, you could have more energy, limitless motivation, and enough time to get done what you need to.

Growing Means to Change

Why do some people say that they hate change? Merv Symes, a visionary coach, says that people only hate change when they don't understand the purpose of it. The reason behind the change needs to be clear.

One of the best tools we have for building up massive motivation is asking yourself "why?"

When it comes to the daily energy-draining stuff, like consistently working out and tracking what you eat, the easiest way to succeed is by looking at these small actions in context with the bigger picture.

Start by asking "why am I doing this?"

Why am I tracking what I eat? Because I want to gain weight so I can get stronger, healthier and curvier.

Why am I working out when I'm tired? Because I want to get stronger, healthier and curvier.

You could even get deeper with the "why" question. *Why* do I want to get stronger, healthier and curvier?

It might be something positive like attracting a significant other or feeling strong and independent. Or you might be trying to prevent something negative, like spending the rest of your life feeling weak, unfeminine, or like you never tried to reach your full potential.

Only you can answer that deeper question.

But you'll find that if you reflect on it, it can awaken the desire to do the small daily things that compound into a dramatic transformation.

Write it down on a post-it note and put it where you would see it daily.

You can also use other kinds of motivation, like printing out and pinning your "before"

picture on the fridge as a reminder of where you started, watching inspiring Youtube or Instagram videos before a workout, boosting your energy levels with caffeine, or listening to powerful bass-heavy music to get energized while lifting. You'll have to see what works best for you.

There's 1 other technique that's incredibly effective. It's a negatively charged motivational technique, and we'll discuss it in a minute.

How to Make Yourself Start Today

Why today? Why not tomorrow? How about next year? You get the picture.

The small decisions we make today may not matter so much. It may not matter tomorrow. But it might matter in 5, 10, or 25 years. As these small decisions stack on top of each other, they matter quite a lot.

As more time passes, the changes will only grow. This is known as the snowball effect.

If the idea of looking dramatically better next month isn't motivating enough, consider yourself in 5, 10, or even 25 years.

If you start this positive change today, you'll not only get enjoy the results right away, but those positive changes will continue to accumulate for the rest of your life.

On the flipside, the snowball effect doesn't go away if you choose to do nothing.

Doing nothing is a choice as well.

Slowly wasting away, your posture crumbling, your small muscles getting smaller...

But if you choose to tackle this now, you'll be slowly growing stronger and curvier, you'll be standing straighter, and you'll actually start looking more youthful in most ways. You'll get a healthier glow, you'll have more energy, you'll feel lighter on your feet, and your radiance will be irresistible.

The hardest time to start working out is when you've never done it before, but that's also when you have the potential for *extremely* rapid change. Within just a few workouts you can already be seeing changes in your body.

If you start eating well and working out today, you can begin compounding the positive effects immediately. It could open up new opportunities and realities as early as next month! Who knows what your action today, compounded, could bring in a year or two?

The good news is that you get to choose. What are some small things you could now that will nudge yourself closer to where you want to be in 1 month, 1 year, or 10 years?

Know Exactly Where You're Going

Take a minute and imagine the person you want to be, the body you want to have, the things you want to be able to do.

What do you need to do to get there?

Make sure your goal is clearly defined, not just being bigger, stronger or sexier. You have to know how close you are to it, how far you've come, how quickly you're progressing towards it, and when you arrive there. A pilot knows where the destination point is before they fire

up the engines. If you just haphazardly start, you may feel like you're spinning your wheels and be prone to feeling discouraged and quit.

Many of the best authors on lasting change write about S.M.A.R.T. goals.

Specific, measurable, achievable, realistic (for you), and timebound.

An example might be:

I will do my workouts 3x a week for the next 30 days while hitting my daily, weekly, and monthly nutritional goals.

It's specific, you can measure if it's working or not, it's not overbearing for your lifestyle, and it has an ending date. The S.M.A.R.T. goal is designed to bring you one step closer to your ultimate goal: the "why."

When setting up a S.M.A.R.T. goal, we recommend building in a bit of grace.

Giving yourself grace prevents the "what-the-hell" effect, where an inconsequential slip-up makes you say "Ah, what the hell" and then abandon everything.

You already ate too little at lunch, so what the hell, might as well not worry about eating enough with dinner either. You've already skipped a workout, so what the hell, might as well skip the next one.

The worst thing that can happen is if you let that one slip-up lead to feeling like you failed, and that you'll never get it and totally give up.

So building in some grace could look like:

3 workouts a week for a month = 12 workouts.

So I will plan 1 day off, and work out 11 times in the next 30 days.

Lastly, when your goals have a time-limit, it doesn't feel like you're giving up your future.

When it gets hard, you'll know you just need to last a *little* bit longer, and that will give you the strength to see it through until the end.

Tough it out and at the end of the month, you can choose to make a new goal with any little tweaks you need to make it manageable.

The Secret to More Energy

Thankfully success won't require you to forever force yourself to tough it out.

You just have to use your brain to plan to create a habit. A habit is something that you do subconsciously without needing to think about it and it hardly takes any effort to do it.

In fact, 1 study found that we spend almost half of our day operating on autopilot.

How do you make a habit? Research shows that habits must have a biological reward. In our case, working out is great for our mood, and in the longer term makes us look and feel great. It gives us more energy and helps our minds work their best, etc. There are many rewards built in naturally.

Many people add their own rewards like having a coffee (caffeine) as part of their workout routine.

Unfortunately, the reality is that there are some short-term downsides when first getting into working out.

It's annoying and draining to change your routine. And because exercise makes you stronger by making your body adapt, it means you'll be tired the first couple weeks while you get used to it.

So you need to keep up with lifting for a long enough time to get beyond the downsides to reap the rewards.

The good news is that each time you work out or you hit your nutrition goals, it gets easier to repeat.

So if you miss a workout, you didn't lose anything. It's still there, you just need to pick back up and keep adding to it.

As far as frequency goes, 1 study found a habit can take from 18 to 66 days to set. Everyone is different. Set a goal for 30 days, achieve it, then set another goal for 30 days. After that, things should start to feel more like auto-pilot.

Keep in mind that your daily energy is finite, and you'll only have enough for so many goals. So if you want to include working out and eating well, it may mean *temporarily* giving it more priority in your life.

Once you're used to it, research shows that a quick morning workout can boost your energy for the rest of the day.

If you *have* to work out after a long day of work, you must find a way to wrestle back control from the tired version of yourself who refreshes Instagram instead of getting her glutes up off the couch. Research shows that you can do this by setting up something called

a Ulysses Contract. Share your goal to a friend who tells it to you straight. Something like hitting your daily calorie goals at least 6 days each week, and doing 3 workouts each week.

For every day that you don't hit your calorie goal, you'll owe your friend \$10. For every workout that you skip, you'll owe them another \$10.

When you're tired and don't want to workout, you can easily rationalize to yourself to stay home. But when \$10 is on the line, and your friend will find out, then that fear of losing the money will energize you to workout.

Imagine you're at your most tired moment. You're settling down to watch a show. How much money would it take to get you to the gym at that moment? That's how much you it should cost you to skip a workout.

Something else will fall out of your life. Maybe you don't tidy up your place or sweep as often, which is the beauty of accountability.

You choose what you want to prioritize, and your subconscious will decide what to cut out from your life to balance its energy.

The best thing you can do right now is to take the energy you have and use it to bind your future self with this Ulysses Contract. Because that energy won't last forever, and you'll need a good system in place for when it runs out.

But if you know you've got a rebellious personality that finds scheduling and accountability too restrictive, you can try **pairing something you love with working**

out and eating well.

Dan Ariely, a Professor of Psychology at Duke University, got hepatitis from a blood transfusion, so he decided to participate in an experimental drug trial that might cure him. The participants had to give themselves shots every day, and the drug in the shots would make them so nauseous that they would spend the next several hours vomiting. The trial was ruled a failure because only 1 participant was able to keep injecting themselves day after day, week after week: Dan Ariely.

He did this by combining the injection with an activity that he loved—watching movies. He'd give himself the shot and then immediately start watching a movie. He started associating the shots with the movie, which he loved, and that allowed him to follow through.

Gretchen Rubin, a best-selling author on habits, paired her daily shower with a workout. No workout, no shower.

The final thing to keep in mind is to always just do the best you can.

So if you planned on doing a 1-hour workout, but you only have 15 minutes, do a 15-minute workout. Even a small action like that will keep you moving forward.

Drift Destroys Motivation

On the off chance that you fall out of the groove of your workout and diet routine... not thinking about it might be the biggest issue preventing you from getting back into it.

If you haven't taken action yet, it might seem too early to be considering this. But the best way to prevent drift is to expect it, and know exactly how to correct it.

Keep it simple. Setting an event on your calendar app that will go off in 1, 2, 3 months asking you how you're doing with your goal.

Research shows that reminders are incredibly effective for sticking with your goal.

We know it's not fun to plan for the worst, but we have to be realistic: life can get crazy.

A pre-planned reminder that pops up at the right time can help reorient you back to what's important to you.

You can also try smaller check-ins by scheduling your workouts into your daily planner for the next 2 months.

What else could you do to remind yourself to reflect on your goals in the future?

If it feels too OCD, keep in mind that these tools are like the scaffolding outside a skyscraper. It's only needed for a short time.

Once you build up a good routine, you no longer need to rely on these tools.



Muscle-Building & Weight Gain for
Skinny/Skinny-Fat/Thin/Slender Women

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