



We've all heard this before and probably have said it multiple times, if not out loud, in our head.

We may, and that's a weak may, do something not because we're 'ready', but for other reasons. Reasons such as your doctor said so, or your spouse said so, or you know you 'should'. But are *you* ready?

What might make you ready to exercise regularly, or eat a healthier diet, or quit smoking?

I've always believed that before you try to modify a behavior you need to find your 'why'. Discovering your motivating 'why' may help make you ready.

Think if it as asking yourself 'why' 5 times as to the question you want to answer. For example, I had a client referred to me by a physician for a prescriptive exercise program and health coaching for high blood pressure, weight loss, and diabetes.

When she came to see me, the first question I asked her is 'do you like to exercise'? She said NO! I had to take a minute. I then asked, 'why are you here'? She replied, 'because my doctor wants me to start exercising for my health'.

I asked, 'why is your health a concern do you think?'

We went back and forth until she became aware of her real 'why'. Her mom was not well and had diabetes, and her dad had passed away of diabetes complications. She went on to say she has a daughter and wants to see her grow up, and she didn't want to end up like her parents.

Fast forward to the end, my client ended up religiously going to the gym and became the poster child for physical activity! She made lifestyle changes that resulted in weight loss, lowered blood pressure, and controlled diabetes with a reduction in A1C. This was NOT a result of my work with her, but a testament to finding your 'why' and its powerful impact on readiness!

We're preparing to start a New Year and it's a perfect time for a brand-new resolution...or not! How many times have you had a New Year resolution only to last about 2 weeks, and the only thing you did for the rest of the year is feel guilty about failing?! Just because it's a new year, or first day of the month, or birthday doesn't mean you're 'ready' to make a change. Making a behavior change is like making a vow to yourself, a commitment to yourself, a promise to yourself, to get up when you fall, a relationship with yourself that begins with readiness, being sure of your 'why'.

It's saying 'I Do' to yourself!

In the name of health, I, _____, take me, _____, to be my (life partner), to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, until death do I part. This is my solemn vow to myself as my partner in health."