



# Think Like an Olympian

Adapted from [Here4TN](#)

*There is a lot to admire about Olympic athletes. They seem unstoppable in their pursuit to get better, faster, stronger, and be the best, but what exactly makes them so successful? Here are a few pro tips when it comes to keeping motivated and achieving your goals.*

## Keeping Motivated

- **Create Accountability.** Surround yourself with supportive people who are working toward similar goals. Encouragement from others (like your co-workers) is important, especially those who have previously completed a goal like yours. If you are constantly competing with others, you'll feel alone and begin to lose momentum.
- **Get Inspired Every Day.** Look for daily ways to uplift your mind and motivation. This might mean posting an inspiring quote or picture to your mirror or reading about influential people and athletes you admire.
- **Consider the Alternative Outcome.** If you don't make this healthy change, what will your life be like? Your reaction to this question is a clue to how much you value your goal(s). Who and where are you in five or ten years? Imagining yourself in the future can be highly motivating.
- **Go Easy on Yourself.** It is all too easy to be your own worst enemy. Understand that you will have days you fail, make mistakes and get rejected. However, if you stay positive and refuse to beat yourself up, you have already won the battle. Learn to forgive yourself and move forward with your goal(s).

## Achieving Goals

*When it comes to achieving great goals, it all starts with setting great goals. Sometimes it can be hard just to know where to start, so consider the following guidelines when determining a new health-related goal:*

- **Actually Plan.** Set aside some time to think about your health goal(s) versus simply settling on something immediately. Sometimes you might have a few false starts when you begin. Don't be discouraged; this is a normal part of the goal-setting process.
- **Think Big!** We can be afraid to think and dream big when we set goals. Negative thinking can quickly take over. Remember, just because you cannot reach a goal today does not mean it's never a possibility.
- **Use Positive Language.** Use uplifting language when you are constructing your goal. Focus on what you want for yourself rather than what you don't want. For example, "I want to lose 20 pounds, so I *can* play in the backyard with my kids." versus "I want to lose 20 pounds so I *don't* have a heart attack."
- **Break it Down.** Goals should be broken up into smaller attainable and measurable tasks. Setting a daily or weekly goal will continue to keep you motivated. This also allows you to monitor your progress.
- **Write Down Your Why.** When you feel overwhelmed with daily tasks, having a clear and concise purpose for your goal, can help you stay on track. This is sometimes known as a "why" statement. The more passionate you feel about your purpose, the more determined you will be to stay the course.
- **Be Flexible.** There is no rule that says you cannot revise your goal(s) or daily tasks. As we move through life, our circumstances and passions will change. Sometimes we need to alter the steps toward our goal as we learn along the way. It's important to be flexible and open to change.

*Learning to set and meet goals is a life-long skill. When you achieve one goal, be sure to set time aside to celebrate the victory! Then, set your sights on a new objective, and include others in your process. Helping someone else get started on their own journey is a great way to stay motivated and keep moving in the direction of your dreams.*

## Additional Resources:

- [Here4TN](#)
- [ActiveHealth](#) Digital, Telephonic, and Online Group Coaching

