

A woman with long hair, wearing a grey hoodie and leggings, is running on a treadmill. She is looking towards the camera with a slight smile. The scene is dimly lit, with a warm, golden glow emanating from behind her, creating a silhouette effect. The background shows a white door and a window with blinds. The overall mood is motivational and focused.

**JF Joa Fitness**

HEALTH AND FITNESS COACHING

**REGAINING MOMENTUM IN LIFE**

## Losing/lost momentum in life?

# LET'S GET IT BACK!

Sometimes in life we find ourselves settling for current unwanted circumstances because we become comfortable in the routine that we are in. After your momentum is at an all-time high and you achieve a goal, or multiple goals, you ask yourself the question “now what?” This goes for fitness, health, business, school, or just overall life goals. Obviously, anything that you put your energy to for a long period of time can soon start to lose this energy. It is how life works. I have been there MANY times, trust me. However, it is very important for us to be able to push past that; to keep moving even when forces are hindering our upward motion in life.

When you start feeling like you are in a comfortable spot, you start settling. When you start settling you start decreasing your motivation and feel like you can just go with the current flow you are in. However, it is important to recognize this comfort and begin taking steps to ultimately push out of this zone, stay motivated, and reach more goals.

It is also significant to accept that it is okay to have a few hours, days, or even weeks of feeling like your momentum is low. Why? Because that right there will bring those thoughts that change is needed and a must. Most people just take these thoughts and ignore them, even if they are roaming in their minds constantly. You on the other hand, you can accept the thoughts, face them, and let them become actions for change. You CAN get that momentum back up!

As a young entrepreneur it is important to have momentum to keep my business running, stay innovative, and continue to follow mission, vision, and purpose. I recently have found myself losing momentum after being at an all-time high for weeks now. It has been very difficult to push past it. But I like challenges after all, and it allowed me to use my personal experience to create this helpful tool for you, who may be experiencing this loss of energy/drive/momentum:

1. Determine your level of self-love. If you love someone would you just easily give up on them? No right? Then why are you giving up on yourself? This is your life and your goals. The life you have absolute control over. Ask yourself that and make a change today to find love for YOU! [\(Click here for my e-book on self-love and take the introductory steps towards mastering self-love\).](#)
2. Get up and read your purpose. Don't have it written down anywhere? Well, let's change that. Let's make those desires physical by writing them on paper and using them as constant reminders of who we are meant to be in this universe!

What is the reason your momentum was at an all-time high before? What was that one thing that just made you feel at your best and just felt effortless? That right there is your purpose. Write it down and read it every single day (even after your momentum increases). Hold yourself accountable to this exercise and keep your daily actions in correlation with what this purpose is.

3. Find out what the problem is. What is dragging you down? Sucking the energy out of you? Causing you to feel “stuck.” Sometimes this is something that you do not even know has been dragging you down. Is it fear? Is it a challenge that you have recently encountered? Is it family issues? Outside opinions? YOUR MIND? Sit down and talk with someone, write out your thoughts, dig a little deeper and figure out what is hindering you from having your positive energy at its highest. Still don’t know? Think a little deeper. Take some personal days and find yourself.

4. Determine whether your lifestyle is dragging you down. Are you not happy with your routine, decisions, or habits? Are you taking any time to focus on your self-care? Is your health where it needs to be? Take initiative and go for a run, walk, or light physical activity that will get your endorphins going and bring clarity to such thoughts. This can help you solve your problem (Remember, I am also here to help you create the perfect routine for this ;)).

5. Set goals and visualize. Hold yourself accountable to these goals. Make sure they are specific and correlate with the purpose we talked about above. After you set the goals, close your eyes and visualize. Imagine yourself accomplishing these goals. How does it feel, smell, taste, sound...? Use all your senses to visualize. It may seem silly at first, but you will be surprised with how rewarding visualization really is. You are programming your mind to see yourself already there, meaning you are conditioning yourself to really partake in reaching this success you desire. Your mind needs exercise too, my friends.

6. Surround yourself with others who not only are succeeding but want to see you succeed in life. Those that are willing to help you overcome this. Those who will go out of their way to lift you up, motivate you, and just want the best for you. Search for those with a purpose that is similar to you. Hold each other accountable. Share ideas. Create fun projects. We, humans, are extremely creative creatures and teaming up with other’s creativity can make yours flourish even more! This will get you in an environment that can keep you motivated and driven to complete certain tasks that align you with your purpose and shift your momentum back up

The law of inertia states: “an object in motion will stay in motion, unless acted upon by unbalanced force.” Sometimes these unbalanced forces are lessons brought to us. They are mistakes, challenges, or hard circumstances, and can be deemed as negative but it is YOUR job to accept them, face them, overcome them, and turn it all into a positive part of the journey towards your success.

Always remember, patience is major in this. Becoming healthy, adapting to a new nutritional approach, obtaining a diploma, earning your dream job, letting your hair grow back; all these things that occur in life take time and patience. Well, so does finding that momentum again.

Don't look for the easy way out. You will spend all your energy trying to get your momentum as fast and as easy as possible, but its not how it works. Getting this momentum back takes hard hard work and taking a lot of time for YOURSELF. Many of you go days, weeks, months, or even years focusing on everything else BUT you. It is time for a change. It is time you get that momentum up and continue to live life with purpose, abundance, and joy!

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