

Are You Motivated by the Carrot or the Stick?

Last year I cringed if I accidentally flipped TV Channels and saw the reality TV series “Biggest Loser”.

Now I look forward to the series, although I may change my mind as the series progresses. Why the change? There are three reasons:

- The most interesting one is that the personal trainers make a point of finding out why someone wants to lose weight. What motivates them? What will drive them to stick through their challenging program? Reasons given include health crisis such as diabetes, heart attacks and gallbladder issues; wanting to see grandchildren grow up; the love of family members; being teased all their life...
- The second reason is that I keep wondering how people can allow their health to deteriorate to the point of having the above mentioned illnesses, yet not be aware that they are unwell. No one wants to be a hypochondriac, but surely some level of health awareness is an essential survival mechanism.
- The third reason, or should I say concern, is that most professional athletes benefit from nutritional and herbal supplements. My naturopathic “hat” suggests that the hard working contestants would generally benefit from this sort of help as they are almost certainly lacking in vitamins and minerals, especially zinc and magnesium, with several women also lacking in iron.

Which brings me back to the title of this newsletter. What motivates or drives you to make changes in your life? Because unless you are really clear, excuses will cause any changes to fall by the wayside...and you certainly won't get to be a successful contestant in life, or reality TV shows!

For some, the motivation or driver will be escaping the pain of a negative “stick”, such as stress, poverty, sadness, illness or relationship issues. For others, it may be the reward of a “carrot”; of freedom, independence or contributing to society.

Find some quiet time and ask yourself what motivates you. Then review some of your goals and select what you want to achieve. As long as you set realistic goals and time frames, the year ahead will be one of progress and success.

Have a great 2008,

Dr. Pete