

Getting Motivated About Gaining Muscle

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Everyone knows that big changes don't happen overnight, whether you're trying to lose weight, gain muscle or make any other big change in your life. But we often act like we expect change to happen in no time, and when it doesn't we give up on whatever plan we were trying because obviously it "doesn't work."

That's probably the biggest mistake you can make when starting a training program, because it just sets you up for failure. You can't get the body you want without some work on your part. But the idea of having to work hard for what you want isn't very motivating; otherwise everyone would have already met their goals.

Instead of focusing on all that work that needs to be done to get to your goals, you need to focus on the end result. How much weight do you want to lose? What size clothing so you want to be wearing? How fast will your mile be, or how much will you be able to bench press?

These kinds of goals are really important because, first of all, you'll be able to know when you reach them if you have something quantifiable in mind. Just saying you want to lose weight or gain muscle is great, but it's not enough to really get you motivated and excited. Use specifics to paint a mental picture of success in your mind.

Once you've got the right mindset for success, you also have to take right action. That means being consistent in your training. Do something every day that will get you closer to your goal, whether that's going for a run, doing some weight training or even talking to a nutritionist about how to better fuel your workouts.

Of course there will be days when you don't feel like doing whatever it is you need to do to reach your goal. On those days you need to be even more focused on what you're doing and why the end result is so important to you. Don't beat yourself up about slacking off one day, just don't make a habit of it and get back with renewed intensity the next day.

And there are times when the work is going to be hard and you're going to feel like quitting just because it's uncomfortable to continue. At those times you need to remember that all that hard work is exactly what is going to give you the results that you want, and pushing yourself hard is going to help you see results faster than you would if you weren't trying so hard.

Remember, too, that changes are felt as well as seen. You might not have visible six-pack abs after six weeks of weight training, but you might already be in a smaller pant size or feel yourself walking taller. Even these little markers are great signposts on your road to success.

Tim Nugent is the author of the Fast Muscle Formula, a guide to weight loss, fat burning and muscle development that makes it easy for anyone to lose weight. Learn more at www.tsnmaymembers.com.

Psychology

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