**Lesson #3: Motivation**

Motivation.

Alright how do I stay motivated?

Motivation is important but really only at first. If you work out and diet consistently for long enough, it becomes a habit. Soon it's just your normal way of life and you actually feel bad for missing workout s or cheating on your diet and you'll end up just not really wanting to right, and it actually becomes fairly simple.

It becomes your way of life.

Let me talk to you guys about you know, my motivation; what motivated me in the first place. It started out in middle school all right. I was a nerdy kid, I didn't really fit in. I was bullied, I never had a girlfriend. You know I started working out to gain respect from both guys and girls.

My motivation now is a little different, yes that base motivation will always still be there, but you know now it's also my job. Right, and that actually makes it a lot easier to stay motivated. The thing is it really doesn't matter what your goal is, it's having a goal and staying focused on that goal. You have to realize that these little things that are trying to get in the way of your end goal are meaningless in the long run. Alright, they're fleeting right, once you build an aesthetic physique and get in the habit of training and dieting, you will have an aesthetic physique you know, pretty much forever.

Now these other things that hurt your physique but might be nice in the moment, they're temporary right. For example, say you want to eat a whole cake or something like that, you know it doesn't fit your macros that well. Yes that cake will taste amazing in that moment. It may be five, ten minutes max but after that it's gone.

Once you get in the habit of cheating like that, it's a slippery slope man you'll cheat on your diet again. You'll cheat on your workouts and those little thing s add up and you will not improve like you want to. All for five to ten minutes of pleasure.

You have to remember that your end goal will bring so much more pleasure long term and you need to stay focused on that.