

Staying Motivated: Support & Accountability

Supports: Block — Staying Motivated

Why It Matters

Motivation is not something you either have or you do not — it rises and falls for everyone, and it almost never shows up on demand. The people who keep going are not more disciplined; they have built support and accountability around themselves so they keep moving even when motivation dips. You do not have to do this alone, and in fact you are far more likely to succeed when you do not.

What to Know

Where lasting motivation comes from

- Your “why” — a reason that matters to you, kept front of mind.
- Support — people who encourage you: family, friends, a coach, or a group.
- Accountability — someone who checks in, or a simple way to track your progress.
- Small wins — noticing and celebrating progress fuels the next step.

Build your support system

- Tell one person your goal and ask them to check in.
- Find a buddy to walk, cook, or problem-solve with.
- Lean on your NuStart coach between sessions.
- Keep your reason visible — a note, a photo, a reminder on your phone.

Action over motivation: Do not wait to feel motivated to act — often it is acting, even in a small way, that brings the motivation back.

Try This

Line up your support.

? What is your deepest reason for making these changes?

? Who could you ask to support or check in with you — and what would you ask of them?
