**How to Find the Drive and Determination to Work Out Every Day**

Working out is something that many of us feel we should do more of – whether that means jogging, lifting weights or training for some kind of sporting event. The hope is that by training, we’ll be able to build more muscle and burn more fat, which in turn will give us the physique that we’re looking for.

Thus we go about creating these elaborate training programs, filled with multiple workouts throughout the week. We combine this with some kind of diet that involves eating a very small number of calories and we generally just force ourselves to live in discomfort for days and months to reach our goals.

Except come day two, we will often already have abandoned that goal. Why? Because it’s just too intense to stick at and we were too ambitious. If you’re *already* tired and you’re inactive most evenings as a result, how do you intend to add 5 hours of training to your current routine? And how do you intend to do all that while also factoring in 30 minutes of travel, washing and cool down after each session? Or when taking into account a calorie deficit giving you *less* energy than you would normally have?

**Be Realistic**

The first problem with this type of training and thus the first thing you need to fix, is your ambition. It’s great to be realistic of course – but not at the extent of being realistic. There’s only so much you can expect your body to accomplish in a given week and your energy (not just your time) is finite. Instead of starting with five one hour workouts, who about starting with three half hour ones? And find other ways to make it easier too; such as training from home.

**Focus on the Vision**

What’s also important is that you focus on the vision and you focus on ‘dream’. Why is it that you want to work out? What are you hoping to achieve? What would it feel like to have that body you’ve always wanted? To feel confident and energetic?

It’s too easy to miss that connection between our dream and the steps we have to take to get there. So to make sure that you’re driven in the right direction, really *focus* on that dream and what it can deliver you. Really imagine what it will *feel* like to accomplish your goals and use this to drive you!