

# What Motivates You?

*Luke Barden, May 2013*

Chris Shugart of Testosterone Nation has written an article about motivation that I think is key to understanding your training, and getting the most out of it.

For some, it may be revenge on an ex who left you, preparation for an upcoming wedding, or an old holiday photo you have of yourself. What is it that motivates you?

Motivation comes in two categories, intrinsic and extrinsic.

Intrinsic, being when you are motivated from within, would be the old holiday photo.

Extrinsic, would be any other outside source of motivation, something an ex said or did or the wedding.

Whichever it is that is motivating you to make the change to a healthier lifestyle, is good! But both have different outcomes on your results.

Intrinsic motivation will allow you to set essentially life long goals. If you know you don't want to be overweight for an inner, personal reason now, that is unlikely to change in 5 years.

Extrinsic motivation will allow you to push yourself to your limits and gain the fastest results you can, but how many people do you know that will lose weight and look fantastic for their big wedding day, only to put the weight straight back on immediately afterwards?

Ultimately a combination of both is the best way to get the results you want fast, and to keep them for the long term. Though it is intrinsic that will come from deep inside you, will give you the strength to keep going on the hard days, not to slack on the diet and ultimately keep you from slipping.

The fact that we should all be really focused on eating clean for summer right now, I think motivation is important right now, and once you understand yours, you can learn how to use it.