

3 Tips for Building Your Weight Loss Motivation Momentum

Disclosure: I was provided a free trial program and a discount on the Jenny Craig meals. However, the opinions and writing in this post are entirely my own. Results not typical. Members following [the Jenny Craig program](#), on average, lose 1-2 lbs per week.

Of course, we know that the biggest motivation is when we see our hard-work paying off. Results like the numbers dropping on the scale, feeling it in the way we wear our clothes, and having added energy, etc. This is what we call building your **weight loss MOMENTUM**.

But, unfortunately, this won't happen overnight. Good things like changing your life forever TAKE TIME. So you have to stay patient, stay positive... dedicated and persistent...

Once we DO start seeing results, though, it gets easier and easier to make healthy choices in our daily life.

Stay committed. YOU WILL GET THERE.

Here are three tips to help you build your weight loss motivation momentum while on your health journey to a happier, healthier life:

1.) Practice Mindful Eating and Enjoy your Food

Luckily, on [the Jenny Craig program](#) - I get to enjoy [some really tasty foods](#). Mindful eating is the practice of slowing down and truly taking the time to enjoy what you are consuming and nourishing your body with. One thing I've always struggled with is eating too fast and gobbling my food down without even really tasting it. It takes TIME for your brain to register that you are full... so SLOW down, what is the rush?

**Eat like you love
yourself.**

**Move like you love
yourself.**

**Speak like you love
yourself.**

**Act like you love
yourself.**

For further reading, check out this really [helpful infographic all about the practice of mindful eating](#) from the [University of Illinois](#).

2.) Take Sweaty Selfies After Your Workouts!

If you're like me, you feel your best and most empowered after a great workout session. Whether it's kicking butt in the gym while on a cardio machine, weight lifting, running, spinning, doing a group class, or working out at home... there's something about SWEAT that is just so encouraging!

It's physical PROOF. How does that one quote go? "**Sweat is fat crying**" - YES!

"I wear all black when I work out because it's a funeral for my fat" - YES! LOVE IT! KILL IT!

Literally, by keeping record of your sweat sessions and documenting your journey with these photos, you'll be able to see your hard work pay off... I think there's nothing more awesome than documenting your weight loss journey - especially, all of the hard work you are putting in to bettering yourself!

I've hoped on to the #sweatselfie movement and totally recommend you doing the same! Have fun and post your photos to [Instagram](#) with the hashtag #sweatselfie.

Currently, there are 164,804 [#sweatselfie photos](#)! Awesome. Go team!

3.) Have a Daily GOAL Reminder!

My [Jenny Craig Anywhere consultant](#), Amber, suggested this idea to me. Go out and buy a goal outfit or do like I did and bust out a goal dress that you've had hanging in your closet.

Hang your outfit up, front and center, so you can see it/feel it everyday. It's a great physical and visual reminder of what you are working so hard towards!

This is my goal dress. I want to fit into this sexy little purple dress by my 29th birthday (which is in

July)!

The story behind this dress is that it was a gift from my Dad years ago and unfortunately, I gained weight so quickly at that point that I wasn't ever able to even wear it out. I WILL be in this dress soon! Mark my words.

What's your daily goal reminder? Do you have a [#goaldress](#), outfit, or swimsuit that you've purchased to motivate you to reach your goals? Share it with me in the comments section!