

# How to Cope with Challenges - Motivation

It's important to stay motivated to maintain lasting, lifelong changes. But sustaining motivation can be difficult when it comes to lifestyle. Remembering the reasons you are making changes can help, as can developing strategies to overcome barriers. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
I'm bored with my exercise routine.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Set new goals for yourself.</li> <li><input type="checkbox"/> Take part in a friendly competition.</li> <li><input type="checkbox"/> Try a fitness app.</li> <li><input type="checkbox"/> Try new recipes and physical activities.</li> <li><input type="checkbox"/> Workout while you talk on the phone.</li> <li><input type="checkbox"/> Work out while you watch TV or videos.</li> <li><input type="checkbox"/> Work out with a friend or family member.</li> <li><input type="checkbox"/> Try out a new class.</li> <li><input type="checkbox"/> Find fresh content like a blog, magazine, or book.</li> <li><input type="checkbox"/> Find a new music playlist.</li> </ul>	
I've made significant progress towards or reached my health goals.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Remind yourself of the other benefits of eating a well-balanced diet and being active.</li> <li><input type="checkbox"/> Remind yourself that it takes consistency to maintain your health goals.</li> <li><input type="checkbox"/> Set new goals.</li> <li><input type="checkbox"/> Set other goals besides biometric goals.</li> </ul>	

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I've gotten off track.	<input type="checkbox"/> Stay positive. <input type="checkbox"/> Follow the five steps of problem solving: <input type="checkbox"/> -Describe your problems. <input type="checkbox"/> -Come up with options. <input type="checkbox"/> -Choose the best options. <input type="checkbox"/> -Make an action plan. <input type="checkbox"/> -Try it.	
My weight loss has slowed down.	<input type="checkbox"/> Build muscle. <input type="checkbox"/> Burn more calories. <input type="checkbox"/> Take in fewer calories. <input type="checkbox"/> Track what you eat and drink. <input type="checkbox"/> Track your activity. <input type="checkbox"/> Manage your stress. <input type="checkbox"/> Get enough sleep.	
I've made less progress than I expected.	<input type="checkbox"/> Celebrate your successes. <input type="checkbox"/> Look at how far you've come. <input type="checkbox"/> Take a closer look at your habits. <input type="checkbox"/> Make a new action plan.	
I miss the way I used to eat.	<input type="checkbox"/> Create a healthier version of a beloved dish. <input type="checkbox"/> Plan to eat your favorite foods and eat them mindfully.	
I feel like I'm missing out on my social life.	<input type="checkbox"/> Invite friends over for a home-cooked meal. <input type="checkbox"/> Plan an active outing for you and your friends. <input type="checkbox"/> Choose restaurants that you know have healthy options you enjoy. <input type="checkbox"/> Look at menus ahead of time so you can plan your selections.	