

Test: Commonly occurring sabotaging thoughts which keep you from exercising

Check off the statements that you recognize. You can print this test.

Lack of motivation

- That'll be the day.
- I haven't had any health problems yet, so it's not all that bad.
- What a hassle, I don't feel like it.
- Why should I torture myself, it is bad enough as it is.
- All of that effort rarely leads to lasting results, so why should I.

Procrastination

- Next year I'm going to make some drastic changes; I'm going to work out every day.
- I have to be in the right mood to get started on this.
- First I would like to hear what my sister's experiences are.
- First that party, that wedding, that weekend away and then...
- I'll think about it after the holidays.

Thinking you're not capable of getting more exercise

- I'm not strong enough to do it.
- I'm too tired.
- I hate exercising, so getting more exercise won't work for me.
- Doing something new is too complicated.
- I don't have enough time to exercise.

External factors

- My partner doesn't like to exercise, so that's why I can't do it.
- Nobody in my family likes to exercise, it's genetic.
- The weather in this country is so unpredictable.
- It's too expensive to do what I like to do.
- They don't offer the kinds of sports I like to do around here.

Which other factors keep you from exercising? Add them to the list. The more statements you checked off, the stronger your inner saboteur's influence. With the help of the books of **Joanna Kortink** you will be able to tackle your eating habits, one step at a time.