



## Sue's Yoga Success Strategies Example

I love yoga and I love how good I feel when I do it. And, I know how easy going and even keeled Sue is for everyone else when she is doing yoga. Yoga helps keep my evil twin at bay. Do I do it alone at home-no-never. I know I could but I don't. I've tried it unsuccessfully-so, for now I set myself up for success with the following.

- I schedule the yoga classes into my day timer on Sundays for the week-2 weeks in advance so that other things get scheduled around them. (My Sunday ritual of organizing my week with food, yoga classes, reviewing my goals etc is one of the most empowering-self supporting things I do).
- I give myself the gift of a teacher-hitting a class vs. having one more thing that I have to self direct, self discipline myself to do. The teacher is far more experienced and can guide me to results faster and easier than I can alone, keeps me from making repeated mistakes and gives me the encouragement I need to keep doing it.
- I pay in advance for classes so I am motivated to get my money's worth of classes each month.
- I don't schedule anything else in up to the half hour before my classes so nothing gets in the way of my making it to class. And, I arrive relaxed-not running on adrenaline overdrive.
- I have some outfits that I like which help inspire me-I feel good in to go to class.
- I constantly invite people to come to the classes which make them even more enjoyable when I get to have a bit of a social before or after class with a friend. My husband even joins me now which is really fun.
- After each class I acknowledge to myself and others how good I feel which deepens my desire to go again and again-it sets my radar-my frequency to want more yoga.

So, I say this so you can see where you might benefit from finding new ways to support yourself (vs. perhaps berating yourself). One day I might be self motivated to do yoga by myself and I also might not ever. So far it has been 11 years of taking classes. The bottom line is I know that when I am doing yoga on a regular basis, my life works a lot more smoothly so I make sure I design my life for it to happen vs. leaving it to a default hopeful wish.

There are many things I enjoy and get benefit from but Yoga is what I would call one of my top priorities right now in my life. I get a lot of payback for the time and effort more so than many other activities I enjoy so it is organized accordingly as a commitment each week.

Get enough of what you really need to feel well fuelled and oiled and then if some other things happen too, they are a bonus. Like making sure you grocery shop for and eat your main meals first and then maybe dessert. Or pay your mortgage before spending on luxuries mindset. Get your primary needs met.

If you don't know what will bring out your best-rejuvenate you, just start throwing some darts-get in the game of exploring, have some fun and find out. You may also glean some ideas from the **Life Time**

**Acknowledgements** list which often reminds us of some of the things we used to enjoy but for whatever reason, we lost sight of perhaps as our lives got busier. There might be something there to reconnect with that really brings you a lot of joy.

Keep getting clearer on what brings joy into your life-helps make it work smoothly and you will find it easier to say no to the activities and people that aren't giving you your best joyful return on investment.