

I have been thinking about why some people achieve their weight loss goals and other people don't.

I frequently write about putting our individual puzzle pieces together:

1. Water – being properly hydrated
2. Protein – quality and quantity
3. Fats – quality and quantity
4. Carbohydrates – quality and quantity
5. Fibre – getting enough whole-food fibre
6. Veggies – for water, fibre and nutrients (vitamins, minerals & antioxidants)
7. Exercise/Movement – we need to move to be healthy
8. Supplements – to correct nutrient deficiencies and to counteract stress caused by daily life and an active lifestyle
9. Rest/Relaxation – Finding the balance between movement and rest is key
10. Creating – doing things we enjoy – this relaxes the mind which counteracts emotional stress
11. Decluttering – getting rid of things we no longer need or want gives us the opportunity to practice letting go, which is very helpful when we are ready to let go of beliefs that no longer serve us, plus it creates more space in our life for new things, which enables us to continue to evolve and grow as individuals.

In addition to the above puzzle pieces, success also requires: **not merely desire, but PASSION, FAITH, AN UNWAVERING COMMITMENT REGARDLESS OF WHAT INDIVIDUAL RESULTS SHOW**, and a **positive/negative attitude** – the ability to see things the way they truly are, the negative and the positive, and not just how we wish to see them.

Almost everyone has the desire to be lighter, leaner, and thinner. That's why the weight loss industry is such a big business. But we need more than desire. We need to be passionate. There is a difference between the two. The definitions of desire and passion (according to the dictionary on Google) are as follows:

Desire – “a strong feeling of wanting to have something”

Passion – “an intense desire or enthusiasm for something”

Todd Cohen explains, “Desire is general and innate. It's about wanting something more and better for ourselves and our family. Passion is specific and can be developed. It's excitement about how we get that more and better – and enthusiasm about what that more and better is.”

In addition to the desire, we need to feel the excitement of the journey on which we are embarking. If you feel excited and a little bit nervous, you know you are exactly in the right spot to succeed.

Over the years, the people I have witnessed achieve the most success, have had an unwavering commitment to their goal because they were passionate about the reason why they wanted to lose weight. They had a desire to lose weight, but they were passionate about addressing a health concern or improving their athletic performance or improving their performance in their daily lives. Weight loss is something we desire. A health concern/condition or athletic goal can help to motivate us to work harder to achieve our weight loss goal. It can help us find the passion we need to be successful. But not always.

Sometimes it is still not enough. How then can we find the passion we need to make significant changes to our diet and lifestyle so we can achieve our goal?

Stephen Covey, author of *7 Habits of Highly Effective People*, says to begin with the end in the mind. What is it that you really want to achieve? Yes, you want to lose weight, but why? What will you be able to do that you can't do now? What will you feel that you don't feel now? How will your life be different? What do you truly want to achieve?

The puzzle pieces I believe we all need to reach our goals are listed above. However, I wonder if sometimes we get stuck in a rut by mistaking the puzzle pieces as the actual goal, and we lose sight of our true goal, or maybe we were never aware of our actual goal in the first place.

The puzzle pieces are the steps to get us to our goal. They are not the goal itself. They are mini goals we can set to reach our true goal. If we only focus on the stepping stones and lose sight of our actual goal, we will lose the passion that motivates us and will never realize our true goal.

You are passionate when you feel excitement that does not fade; when you are willing to work at something regardless of how long it takes or how hard it is; when you feel satisfaction with each small success; when you get knocked down and **want** to get back up again. That is passion.

Find your passion. Feel your success. Create your life.

References:

1. <https://www.linkedin.com/pulse/20140818194447-1009367-is-there-a-difference-between-desire-and-passion>
2. Stephen Covey, *7 Habits of Highly Effective People*