

Does it get easier?

I was asked this week if it gets easier once your kids get older.

Yes and no.

Yes in the sense that it is easier to find more time to exercise and at more reasonable hours of the day; however, if you are lacking passion and desire, it will never be easier.

There will always be those days that you don't feel like it, but if you are passionate about your goals, and you have established the habit, you will simply do it anyway without arguing with yourself.

Passion and desire + establishing the habit is what makes it easier.

At 76 and retired, my Mom still says she is too busy to exercise. And when she wants to, she can't remember. Something to keep in mind.