**29 Smart Ways to Motivate Yourself to Work Out**

Posted on March 24, 2015, at 3:48 p.m.

[Sally Tamarkin](https://www.buzzfeed.com/sallytamarkin)

BuzzFeed Staff

**We recently asked members of the [BuzzFeed Community](https://www.facebook.com/BuzzfeedCommunity%22%20%5Ct%20%22_blank) to**[**tell us**](http://www.buzzfeed.com/sallytamarkin/what-motivates-you-to-work-out#.mpKlkmwnr)**how they stay motivated to exercise and how they make it through tough workouts. Check out the awesome tips they shared.**

**1. Wash your hair only on days you work out.**

Real life, **I only allow myself to wash my hair after working out**. So if I don’t for a couple days… I have to face the ridicule of my peers haha. Or my hair gets too tangled from all the baby powder. —[danalil](http://www.buzzfeed.com/danalil%22%20%5Ct%20%22_blank)

**2. Put on your workout clothes.**

When I can't be bothered I usually just go and put on my running stuff anyway. **You feel like a dick pretty quickly if you change out of running stuff without actually going running.** —Jemma Beedie, via Facebook

**3. Write down how you feel after every workout.**



**I write down how I feel after a workout every single time.** So, when I am low on motivation to wake up and go for a run or a workout, **I pull out the doc and read how great I felt after completing a five-miler.** This really works for me because I get out of the bed knowing that at the end of the workout, I feel the same amazing feeling again! —Aishwarya Subramanian, via Facebook

**4. Remember why you started.**

**I remember all those times I tried clothes on and they didn't look good because of the extra weight,** or the times I wanted to wear shorts and weren't brave enough. That always gets my ass moving — it's not about keeping the motivation, **it's about remembering why you started in the first place**, and asking if you really want to start all over again because you couldn't be bothered. —Rosamund Llewelyn, via Facebook

**5. Ask yourself: "Will I regret skipping this workout?"**

**I ask myself if I will regret in any way not working out.** And once I'm there [I ask myself] if I'd regret, even in the smallest way, stopping when it gets hard. —Gillian Wenzel, via Facebook

**6. Sign up for classes at boutique studios.**

Honestly, instead of joining a gym **I just pay per exercise class at boutique fitness studios.** It seems more expensive in the long run, but the only time I miss a class I sign up for is when I have zero choice since skipping has an actual dollar amount attached. Plus the class structure guarantees not only that I show up, but that **I stick it out for the full 45 minutes.**Nobody wants to be THAT person who walks out early or the person who's slacking. It may not be the most cost-effective, but it gets me to actually work out and that's what is most important to me! —[Erica Taylor](https://www.facebook.com/erica.taylor.3958)

**7. Try group fitness.**

**Group fitness classes keep me motivated.** I look forward to seeing the other participants and instructor. **The energy of the group keeps me going in the moments that I want to quit.** I feel like I'm accountable to keep at it for the full time. You never want to be the person who quits and leaves early. I do so much more than I would if I were working out on my own. —Kathleen Vandevoorde, via Facebook

**8. Get addicted to the post-exercise endorphin rush.**

My motivation is the knowledge that I will have an **awesome endorphin rush** afterward and run around, smiling like an idiot for a few hours. I am seriously addicted. —Kimberly Lewis, via Facebook

**9. Pretend there's a crowd and it's going wild.**

Sometimes when a workout gets tough and I want to quit **I imagine that I’m a professional athlete and that an audience is watching me expecting me to give it my all.** It’s embarrassing but it does work to motivate me. —[victoriac44c2348fc](http://www.buzzfeed.com/victoriac44c2348fc)

**10. Surround yourself with motivation.**

**I hang up motivational pictures on my mirrors**, like Kendall Jenner or just good sayings. I **also have my goal weight written everywhere** — car mirror, refrigerator, calendar, etc. — so it’s a constant reminder to work toward that number. —[Gabrielle Capasso](http://www.buzzfeed.com/gabcapasso)

**11. Give yourself micro-challenges.**

I enjoy challenging myself but only with little challenges. **So if I’m three minutes away from a five-minute mark I’ll push myself to the five minutes.** By then I’m only a short distance from a 0.5 or 1K marker so I’ll push myself to that. Then back to the next five-minute marker and so on. —[libbyc430e1d350](http://www.buzzfeed.com/libbyc430e1d350)

**12. And give yourself longer-term challenges too.**

In February, I challenged myself to do 200 miles of cardio (ski machine, elliptical, rowing machine, bike). I kept a log (old-school pen and paper) and logged in how much I did on what machine that day. **When all was said and done, I averaged six days a week and ended up with 220 miles.** There were several days that I wanted to skip, but did not due to the challenge. My pants are already feeling looser. —[tabbycat31](http://www.buzzfeed.com/tabbycat31)

**13. Work out with people who will cheer you on.**

**Having people standing behind me, yelling and jumping up and down when I’m stuck at the bottom of a heavy squat is the best motivator.** Because it hypes me up, but also because it means everybody else in the gym looks over to see what’s going on, and **fear of failing with that big of an audience makes me at least 20% stronger.** —[Christine Byrne](http://www.buzzfeed.com/christinebyrne)

**14. Listen to audiobooks.**

**I like listening to audiobooks** to keep me motivated while running. So **I have to work out the next day to see how the story turns out.** —[Amanda Cruz Myhrberg](https://www.facebook.com/amanda.myhrberg)

**15. Enjoy the healthy balance of delicious food and enjoyable exercise.**

Quite simply, **I like to eat, so working out gives me balance.** Plus it's great for fighting depression — a natural (and fun!) mood booster. —[Erika Purtell](https://www.facebook.com/epurtell)

**16. Do it for the pictures.**

When I don’t want to go for a run, **I pick a scenic route and tell myself that I can stop to take as many pictures as I want.** I guess **I do it for the Insta.** —[bridgetb4399ba894](http://www.buzzfeed.com/bridgetb4399ba894)

**17. Use the app**[**Zombies, Run**](https://www.zombiesrungame.com/)**!**

I've said it before, and I'll say it again: **Zombies, Run**! The best app EVER. **Nothing will get your feet pounding the pavement harder than the sound of the undead breathing down your neck.** And I have never 'shipped anything as hard as I 'ship Jack and Eugene. —[Mary-Ruth Hooper](https://www.facebook.com/maryruth1)

**18. Make whatever you do to exercise your *favorite* thing.**

I never need to motivate myself, because I found a sport that I love. **I literally wait all day to get to the climbing gym**, and my body is showing the benefits without extra effort. I even started doing abs (which I absolutely hate) because I want to get better at climbing! —Victoria Sowinski, via Facebook

**19. Think about how you're sticking it to your doubters.**

I know this is childish, but my ex called me fat. **So, here's to never seeing that ass again, and to my new better ass.** —Mia Durano, via Facebook

**20. Hang out with high-energy kids.**

**My kids motivate me to keep working out.** I want to be able to have a lot of energy to keep up with them, and all of the activities they like to do. —Lucy Eaton, via Facebook

**21. Compete with any/everyone.**

**I secretly compete with whoever is exercising beside me,** whether I know them or not. —[amylouises](http://www.buzzfeed.com/amylouises%22%20%5Ct%20%22_blank)

**22. Do it for the post-race medal.**

I’m a runner and **nothing motivates me more than knowing that at the end of the race I am running that I will get a medal** (yes, I’m a race bling whore). This has all worked for me during the last four years because I’ve dropped 70 pounds and kept it off. —[kerrif445231ccb](http://www.buzzfeed.com/kerrif445231ccb)

**23. Vow to never be last to cross the finish line.**

I've never been the last one across the finish line, but I was once second-to-last. So, what works for me is, **"Do you really want to be the last one across the finish line?"** —La Re, via Facebook

**24. Make it a friend meetup.**

**Going with friends always keeps me motivated;** whenever I'm meeting friends at the gym, I'm excited to hang out with them, rather than grumpy about getting off my couch. Honestly getting to the gym is a bigger obstacle than anything in my workout; **once I'm there, I'm pumped to get started.** —Helene Støvring, via Facebook

**25. Trick yourself into going longer distances.**

**I run outside and I'll do two miles before turning around, which forces me to run two more miles to get home.** —Allison Scholl, via Facebook

**26. Tell yourself: "I just have to warm up, then I can go home."**

**When I feel like I want to skip training, I tell myself I just have to go into the changing room and get into my gym kit, then I can go home.** Nothing hard about that, it's not even exercise. Then, when I'm in my gym kit in the changing room, I feel a bit silly, so **I tell myself I just have to do my warm-up routine.** Then, when I'm warmed up, eh, I'm sure **I could manage one set of overhead presses.** Then, might as well do the other two sets. And hey, I used all that effort to get the barbell loaded, **I might as well add more weight and do those three sets of front squats too.** And then, well, there's only deadlifts left to do, might as well do them. Although I tell myself I could go home after this next set, **I've never yet actually found myself going home until I've finished the whole thing.** Stops it being so daunting, especially when I'm finding it particularly hard. —Sarah Barr, via Facebook

**27. Track your successes.**

I literally have a **specific color highlighter that I use to mark the days I actually stay on track with diet and workout** plus I have **rewards for reaching my goals which change not just improving but also consistency.** —James Chase, via Facebook

**28. Think about how much stronger you're getting.**

**Growing stronger and more conditioned is my main motivation**... Knowing that your body just did something it couldn't do a few weeks back is an amazing feeling. **Also, abs.** —Alejandra Prada, via Facebook

**29. Listen to the voice inside that says, "I can do this!"**

**I choose to listen to the voice inside me that says, "I can do this! I want to do this!"** I choose to ignore the voice that asks "Who do you think you are?" or says "You aren't a real runner, just give up!" **I choose to just get out and go for that run**, or that workout, and live with the benefit! That's what motivation means to me. —ThisFat GirlRuns, via Facebook