

Staying Motivated



Motivation = the desire to do things.

Follow these tips in order to find and keep your motivation as you move to achieve your goals.

1. **Set short-term goals and reward yourself** - when pursuing a big goal, take the time to break it into smaller chunks. *Try setting mini-goals*, such as going to the gym three times for 30 minutes each visit this week, and make sure you reward yourself for achieving it. *Rewards should be small and support your ultimate goal* (ie: if weight loss is your goal, don't reward yourself with food!).
2. **Commit to working towards your goal for a minimum of 21 days.** While you are in that 21 day period, **keep a journal** and make notes of your struggles and what you did to get through each day. When you get through the first 21 days, you will feel more confident and motivated to keep going. On the days where your motivation is waning, pick up your journal and remind yourself that you were strong enough to succeed for 21 days in a row, you are strong enough to continue!
3. **Get rid of all-or-nothing thinking!** No one expects you to be perfect and you will slip up on your road to reaching your goal. *All-or-nothing thinking is a form of self-sabotage and a direct road to failure.* There will be hard days on your path to success, expect it and plan for it and make a plan to move past it when it happens!
4. **Face the fear** - many times when we lose our motivation, it's the fear of failure or even the fear of success (and the changes that go with it) is the real reason behind our hesitation to finish. *It is natural to feel fearful of change or failure.* However, it is important to push past that fear and keep your eye on the prize. Think of how great you felt the last time you accomplished something that took a lot of time or work on your part? Focus on that feeling instead of worrying about how things will be after you reach your goal. Don't sabotage your own efforts - focus on the reasons why you started and believe in yourself and your abilities to finish what you started.
5. **Buddy Up!** A great way to re-gain (or maintain) motivation while pursuing a goal is to have someone in your life who is working toward a similar goal. Not only is this beneficial for you but undoubtedly, your goal partner will also appreciate the support and encouragement. *Find a goal buddy and use each other as sounding boards and to encourage each other through challenges.* If your goal is to get fit, having a buddy is even better - now you have someone to hit the gym or go for a hike with!



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