



# Staying Motivated

*Learn how to find & keep the motivation  
to reach your goals*

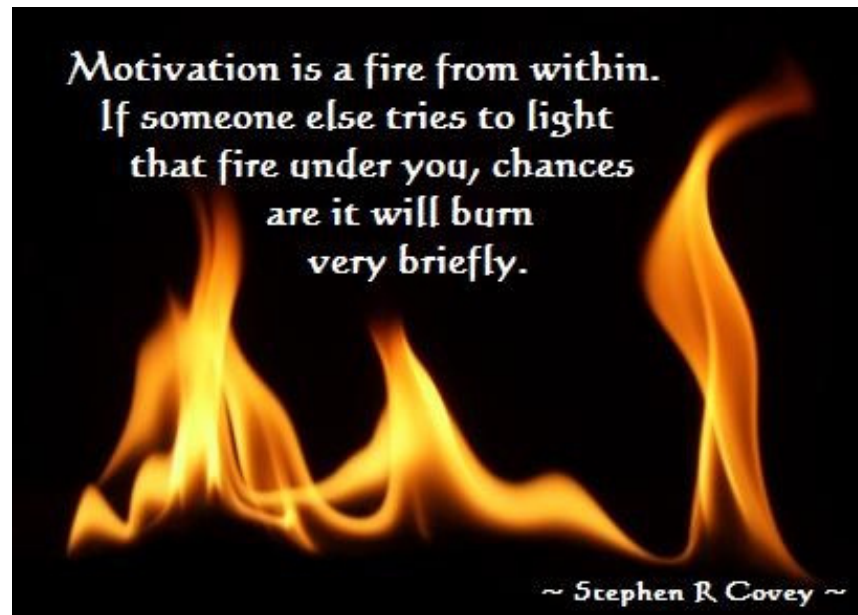
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# Motivation

**Motivation** – it is literally the desire to do things. It is a crucial element in setting and attaining goals. Research shows that you can influence your own levels of motivation and self-control.

Motivation is something you have to find for yourself – no one else can influence your desire to reach your goals. If you don't want something, you won't achieve it. It's that simple. However, staying motivated is something that anyone who has ever pursued a goal has struggled with – we have some great tips on how to get & stay motivated to achieve the goals you have set for yourself. While they focus on personal health & wellness, know that most of these tips can be used to attain any type of goal. So get out there and dream big!



# Set Short-Term Goals & Reward Yourself

When we are trying to achieve a goal, we often only focus on the end result.

However, that can be overwhelming, especially when looking at very large goals.

When pursuing a big goal, take the time to break it into smaller chunks. If your goal is to lose 50 pounds, break down that goal into manageable pieces. Try setting mini-goals, such as going to the gym three times for 30 minutes each visit this week, and make sure you also reward yourself for achieving it.

Rewards should be small and support your ultimate goal. IE: don't reward yourself with food, why not indulge in a 20 minute bubble bath at the end of the week?



# 21 Days to Make a Habit?



			<b>1</b>	<b>2</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

You may have heard that it takes 21 days to make or break a habit. While this isn't necessarily a guarantee of success in 21 days, the good news is that it is easier to make a habit than to break a habit.

Keep a journal for 21 days as you work to achieve your goals – make note 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. And on those 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!

# Avoid All-or-Nothing Thinking

No one is perfect. Here's another secret – no one EXPECTS you to be perfect. So why beat yourself up when you have a little slip on your way to your goal?

**Get rid of all-or-nothing thinking!!**

It is a form of self-sabotage and a direct road to failure. There will be days when you don't feel like going for a run. There will be days when you want to eat junk food. Expect it and plan for it and make a plan to move past it when it happens!

(And just remember that one cookie doesn't need to turn into a bag of cookies: eating the bag because you had one is like dropping your phone and then picking it up and smashing it to pieces because you dropped it!)



# Face the Fear

Many times when we lose our motivation, it isn't that we stop wanting to achieve our goals but it's actually because we become afraid of failure and so we find a way to "bail" before we have to deal with what we perceive as inevitable failure.

Changing or working to achieve a goal that is important and could change our lives is an emotional experience as well. 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!



# Buddy Up!



A great way to re-gain (or maintain) motivation while working towards a goal is to have someone in your life who is working towards 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!