



Staying Motivated ²

Write your story

Write down, in a paragraph or two, the story of your desired future. Write down what you'll be doing, where you'll be living, and the successes you'll be enjoying.

Visualize into the Future

Close your eyes and see yourself doing whatever it is that you wish to be doing. If you want to get in shape, picture yourself as being slim, healthy, you running or working out. If your dream is to start a business, see yourself on opening day, greeting customers and employees.

Visualize Backwards

When you visualize backwards, you see where you were and how far you have come. If your goal was to get organized and you have made enormous improvement in that area, visualize back to when things weren't going so well. This will keep you heading in the right direction.

Dream Big

When you think about your future, don't be afraid to dream big. This will make short-term failures easier to handle. When you hit an obstacle, it won't stop you because your eyes are set on a bigger goal.

Educate yourself

Learn, read, talk about, listen, and experience everything you can about your particular goal or dream. If you wish to be an author, you can take classes, read books, write, talk with other writers, join workshops, etc.

Find a Role Model

Choose a role model to learn from. You won't have to reinvent the wheel when you can follow an exemplary exam with someone you respect.

Get Organized

A clean, tidy, and well-organized home, office, and life are a must for the motivated mind. Physical clutter can easily lead to mental clutter. Keep your life organized and you will find more energy and clarity in every day.

Place Motivators in Your Home and Office

Place symbols, signs, notes, or objects that remind you of your goals and dreams in your home, office, car, wallet, planner, or calendar. These reminders will guarantee a constant stream of motivation.

Read Motivating Quotations

Located on the internet and in books are thousands of quotations that inspire, motivate, and cause us all to think of our lives in a different way. Search the internet for quotations and you will find millions of pages that match just what you are looking for.

Spend Time with Children

Spending time with children will put things in perspective for you. You may be stressed out from work and worried about getting everything done on time, but when you play with kids, the worries and stress seem to melt away. Children have a simple way of looking at things, and that is something we could all benefit from.

Read Success Stories

Read the success stories of those around you. In the daily newspaper alone, there are dozens of small success stories that can serve to motivate and inspire you into action. The library is filled with autobiographies and biographies of ordinary men and women who have done extraordinary things.

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Create a Healthy Diet

Energy is very important to living a happy life, but that is dependent on eating healthy. Be sure to create a healthy diet that includes all of the necessary nutrients, minerals, and vitamins for your system.

Get Enough Sleep

Some people can get by on six hours, while others require seven to eight. Regardless of what you need in sleep, be sure you get enough. A few nights in a row of only three or four hours a night will take its toll on your motivation, energy and attitude.

Change the People Around You!

Sometimes a negative people in your environment can limit one's motivation. If you have friends who bring negativity into your life, you may have to "change the people around you" and create friendships with people who are positive and of like mind with yourself. If you can't change the people around you then change the people around you.

Positive Affirmations

An affirmation is something declared to be true, or a positive statement of judgment. They enable you to let go of negative emotional baggage and allow you to visualize a new order and sense in your life, which you can work toward achieving.

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CREATING GOALS

Without goals, long-lasting changes are hard to make in life. Use the tips below to set effective and efficient goals.

Use Goals in your Life

This is the most important tip about goals – use them! Without goals you will have a difficult time improving any area of your life. Leaving your future up to chance isn't a good way to get what you want. Make use of goals throughout your life and enjoy the success and happiness they bring.

Brainstorm

Get out a clean sheet of paper and a pen. Sit in a quiet, well-lit area, and think, think, think. Write down any ideas that pop into your head. Financial goals, personal goals, relationship goals, health goals, etc. Write down every area, and when you're finished, you'll have more than enough goals to work with.

Write your goal down on paper

Once you select a goal to work towards, write it out on paper. This makes it more tangible and concrete. A goal that is left to float around in your head may be forgotten before you have had a chance to work on it.

Make your goal specific

Goals must be specific in order to be effective. Improving your relationship with your children is an important and worthwhile goal, but it may be too broad. Instead, your plan could include a play-date once a week, family dinner each night from 6-7 and a game night once a week. This plan has a greater chance of success.

Use deadlines

Procrastination is deadly to your goals and objectives. A great way to leapfrog that problem is to give your goal a deadline. As with the goal itself, make your deadline specific.

Use a Start Date

Deadlines are very important to goal setting, but we can't forget about their counterpart – start dates. Once a goal is created you may have many reasons for putting it off. Give your goal a start date and stick to it.

Make your goals challenging

In order for goals to be effective, they must be challenging. If your goal is too easy to achieve, your motivation and dedication will decrease. Your goals should make you reach and extend your current abilities and skills.

Make your goals Achievable

Setting a goal that is out of your reach completely will cause frustration, anger and self-doubt. Be sure to set goals that challenge you but are also reasonable.

Make a Detailed Plan of Action

Create a detailed step-by-step plan of action for each part of your goal. One of the main reasons many goals are not accomplished is the lack of understanding of what needs to be done. Plan your work and work your plan.

Don't overdo it

Don't set too many goals at once. One to three is a good amount to start with. Spreading yourself too thin will create a situation where no single goal will receive the attention it requires.

Measure your progress

Measure your progress as you work on your goal. You may wish to write a 300-page novel. Don't set 300 pages as the only goal. Break it up into 25-50-page increments and keep a daily tally of the pages you complete. Measuring your progress keeps your motivation peaking during your goal's lifecycle.

Reward yourself

Set a reward for yourself. If you accomplish a small step or your entire goal, celebrate. You've worked hard and you deserve it. Go out to dinner with your family, take a short vacation, or do anything else that makes you happy.

WIFM?

Why are you setting this goal? Write down "What's in It for me" for each one of your goals. You must be able to see clearly the reasons why you are setting this goal. If you cannot, delete the goal from your list and move to the next one.