

## Ways to Be Motivated

Do you have ways that motivate you to do the tasks/projects that overwhelm you and/or ones you would rather not do? Can't think of any? Choose the ones that seem appropriate to you from the list at the bottom of this page. Then list them here:

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2. \_\_\_\_\_
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If motivation is not a strong characteristic trait in your life, well here are some **Motivational Tips** to help you get moving to reach your desired goal.

1. Be sure you have your goals broken down in "bite size" pieces and don't look at the whole of the project. Just the small segment of it.
2. Do something that inspires you. Put on music that moves you. Buy some fresh flowers to put in that space.
3. Listen to a motivating podcast while you work.
4. Mentally put yourself in a state of "excitement" where you think out the end result and know that each step will get you there.
5. Be sure your goal is posted everywhere you can see it.
6. Ask a friend or family member to be your accountability partner.
7. Think about your goal daily ... even if you don't work on it daily. Just build the excitement of it.
8. Get physical help from a friend or family member.
9. Realize there will be ups and downs. But no matter what you will push through.
10. **DON'T GIVE UP** ... no matter what. Take a 5-minute break if you need to but don't give up on that specific time you designated to work on this task.

11. Pat yourself on the back for the steps you have made ... even if they are baby steps.
12. Remember to start small. Work within that specific time frame and then stop. Put on a timer if you need to. When it goes off, then stop ... unless, of course, you can really keep going.
13. Call for support when you are feeling like giving up.
14. Think about the benefits of this projects ... not the difficulties in getting there.
15. Remove negative thoughts that pop up and immediately replace them with a positive one.
16. Find a positive statement about yourself and repeat it many times a day to help change your brain thought pattern. For example: "I'm smart and intelligent. Working on this project is a natural for me." Say this or something else even if it isn't truth right now.
17. Work during the time of day that gives you the most energy. *Mornings are best for me.*
18. Don't live in the slump for long. If you begin to feel your motivation decline, make a call or do some self-talk.
19. Don't forget to "breath" especially if you feel stressed. When we are stressed, we tend to take small breaths. This can cause us to hyperventilate. Stop, breathe deeply, hold it for 5 seconds and then exhale. Do this over and over until you feel calmer.
20. Don't necessarily always look for external motivation. Learn to motivate yourself.
21. Use Essential Oils to uplift your mood. You can apply them on your touch points or diffuse.