



“How can I stay motivated to reach my goals?”

Goals can take a long time to realize. Staying motivated takes effort.



What is motivation?

- Motivation is the feeling from within which drives us to take action. It is the energy that prevents us from giving up and pushes us to keep on trying.
- To be successful in reaching your goal, it's important to know what motivates you personally.
- Understanding your motivators will help you create a realistic plan to keep on track.

Getting motivated

- Have a goal that is attainable. Make sure you are setting realistic expectations. The goal should be as specific as possible and able to be measured.
- Commit yourself to the goal. This will help you stay focused.
- Don't simply say you're going to do something—back it up with actions.
- Be willing to work hard.
- Stay positive. Write down all the reasons you want to accomplish this goal.
- Surround yourself with people who will support you.
- Find quotes or phrases that inspire you that you can say to yourself every day.
- Think outside the box, and take advantage of opportunities outside your comfort zone.

How to have lasting motivation

- Motivation fades for many reasons. Responsibilities interfere, you become physically and emotionally tired, or maybe you begin to focus on something else.
- Re-evaluate your goal. Reminding yourself of all the reasons you had the goal in the first place will help to refocus your efforts.
- Give yourself reminders or create associations to help you develop habits. For example, associate lunchtime with climbing the stairs. Or leave your sneakers just inside your front door to remind you to go for a walk or run after work.
- Keep a journal or give yourself a score at the end of the day to monitor your progress. Increasing your awareness will help keep you focused.
- Evaluate what is working and what is getting in the way of your success. Adjust your schedule, environment or other barriers to your success. You may have to create a series of smaller goals in order to get to the larger goal.
- Look at your goal as a healthy challenge. You are in control of your actions.
- Focus on eating healthy, being physically active and getting enough sleep. When your body is rested and nourished, you will have more energy and a better attitude. It's easier to stay motivated when you feel your best.
- Visualize yourself completing your goal. Tell yourself you are strong, smart and self-confident. If you believe you can succeed, then you will.

We all have dreams and things we want to accomplish in life. Stay focused and energized. **Continually remind yourself that you are capable of doing amazing things!**

