

13 WAYS TO MOTIVATE YOURSELF

Get it
DONE!

*“Things may
come to those
who wait, but
only the things
left by those
who hustle.”*

Abraham Lincoln

GET IT DONE!

13 WAYS TO MOTIVATE YOURSELF

Motivation is the "chicken and egg" enigma of success. We think we need motivation to take action, and yet taking action and moving towards our goals is the very thing that keeps us motivated.

The fact is it's rare to feel automatically motivated to do the hard things that will take us closer and closer to what we really want. So we have to work at our motivation like a muscle every single day if we want to succeed.

Even if, at the start, you can only motivate yourself to do one small thing, get it done and build on the success of that!

Don't try to motivate yourself today for the long haul. You only need the motivation to do today's tasks. Do that every day and you will get where you want to go.

You can do it!

JAN FROM
SIMPLEHAPPINESS.BIZ



13 WAYS TO MOTIVATE YOURSELF

1

PROMISE YOURSELF A REWARD

Give yourself something to look forward to when you take action. Create a series of rewards for yourself, both big and small.

See yourself being successful and experience how great it feels. If you expect to feel good about completing something, you'll be more likely to do it.

2

VISUALIZE SUCCESS

3

LIST YOUR REASONS

What are the advantages of finishing your task? What benefits do you receive? Use logic to remind yourself of what you're getting out of the deal.

13 WAYS TO MOTIVATE YOURSELF

4

CONSIDER THE PENALTIES

What are the downsides of not getting your task done? Make a list of the things you'll lose / suffer because of not taking action.

Remind yourself of how you succeeded in completing other tasks to give yourself a boost of confidence. You can succeed this time, too!

5

REMEMBER YOUR PAST SUCCESSES

6

TAKE ONE TINY STEP

Just get started. It can be as simple as finding the phone number, getting the file out, or putting on your running shoes. Motivation comes with action.

13 WAYS TO MOTIVATE YOURSELF

7

CHANGE YOUR FRAME OF MIND

Watch an inspirational TED talk, read a chapter from an inspirational book or listen to an inspirational podcast to put yourself in the right frame of mind to take action

Spend a few minutes tidying up your work area so you are not working in a mess (but don't procrastinate by deciding to clean the whole house!)

8

DECLUTTER YOUR WORK AREA

9

FOCUS ON ONE THING AT A TIME

It's hard to feel motivated if you're overwhelmed. Set small goals. Prioritize them. Work through them one at a time to get a sense of completion and satisfaction.

13 WAYS TO MOTIVATE YOURSELF

10

KEEP A MOTIVATION JOURNAL

Work on your motivation every day by spending a few minutes when you wake up writing about your goals for the day and why you want to take action.

Enjoy any reward you decided on, write about your completed tasks in your journal, or simply give yourself a pat on the back as you cross tasks off your list.

11

CELEBRATE COMPLETED TASKS

Remind yourself that the only way to truly fail in a worthwhile goal is to give up. Otherwise every step takes you closer - even if it's just a lesson in what not to do.

12

KEEP ON GOING UNTIL YOU SUCCEED

13 WAYS TO MOTIVATE YOURSELF

13

SET BETTER GOALS

Some things in life are unavoidable and we just have to grit our teeth and do them to get them out of the way as quickly as possible. (Looking at you, paying taxes, bills, and chores.)

But the goals you set for yourself are different.

If you are working on your motivation every day and find that nothing is helping, it's time to question whether the goal you have set for yourself is something you really want or if the way you are going about it is not right for you.

It's no good forcing yourself to climb a ladder if your ladder is against a brick wall and you really want to climb a tree.

Spend some time thinking about what you really want. A journal can help here, too. Set better goals for yourself and your motivation will improve in leaps and bounds.