

How to Stay Motivated



Personal motivation is key to maintaining almost all aspects of life. If we're not motivated, we're more likely to squander our time and neglect our personal and professional goals. Even the most determined people can lose steam sometimes. Keep reading for some sure-fire tips for getting back on track.



Remind yourself of your goals: Usually before devoting time to any specific endeavor, we tend to make short and long term goals. If you start to lose sight of your goals, then you may be less motivated than if you were always checking to see how much closer you are getting throughout the whole process. Keeping track of your goals and checking your progress can help keep you motivated day in and day out.

Make weekly checkpoints to track your progress: Everyone needs to see how they are keeping up with their goals if they want to stay motivated. If you see that you are on track or even excelling every time you check your progress, you will be motivated and happy that you are getting there.

Make sure to reward yourself every time you achieve your weekly goals: This could be as simple as a bowl of ice cream after a long, hard week of working out. Or as rewarding as a trip to the spa for all your hard work. Whatever rewards will keep you going are the ones you should be giving yourself. Staying on your goals, it may be the kick start you need to help get you back on track.



Give yourself breaks: Sometimes even the most determined people get overwhelmed. You may be burning yourself out, and a much needed break might be just what you need. If it is a fitness goal, maybe take a 3 or 4 day rest instead of your normal 1 or 2 day rest. If it is at school, don't try to do all your work in one sitting, but stretch it out over the course of the day or week, if possible.

Don't be too hard on yourself: Everyone falls short sometimes. If you fail to meet your goals for the week, don't get too emotional. Let yourself take it as a lesson. It's not always how hard you hit, but how hard you can get hit and keep moving. Don't dwell on failure, just accept it as a human occurrence, and continue working towards your goals.



Watch and read motivational stories or speeches: Everyone deserves a great pep talk every once in a while. Stay elevated by watching YouTube videos of inspirational moments and you can suddenly feel a new sense of motivation to keep striving. Here below are just a few examples of easily-found inspirational media:

Ted talks, a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks

<https://www.ted.com/talks> ;

Baz Luhrmann's famous "Everybody's Free (To Wear Sunscreen)" speech.

Almost any Hollywood sports movie.

Much rap music - "rags to riches" is a common lyrical theme.

Historical stories of bravery or courage (see: Jack Churchill, Audie Murphy, etc.)

<http://www.wikihow.com/Stay-Motivated>