
Self Motivation

“We are what we think about all day.” – Emerson

If this is true, are you motivated each day by thoughts of success or are you discouraged at the outset of each day by thoughts of failure? There is a strong correlation between motivation and achievement.

Here are a few tips to get you moving in the right direction!

- ◆ **Start with a goal and a timeline** - Whether short term or long term this is key to making things happen. You should keep in mind that there may be tasks along the way to reaching your goal that you do not enjoy. Remember to relate these tasks to the bigger picture and you'll feel less stress when tackling them.
- ◆ **Write it down** - Your goal is like the finish line in a race. The more visual and more real you can make the goal, the better it will work at keeping you motivated. Motivational research shows that people who write out what they are going to do are far more successful than people who only tell themselves they will do something. Putting something in writing makes it psychologically more powerful.
- ◆ **Answer the “What ifs?”** – What will happen if I do _____? What will happen if I don't _____? Both implications are likely equally powerful.
- ◆ **Make a plan** – What are the specific tasks involved to achieve your goal? There can be few or many depending on the goal. Organization of these tasks will help you tackle them as needed.
- ◆ **Expect Obstacles** – If you don't anticipate them, they are more likely to derail you and cause you to give up. Know that there may be difficulties along the path and use them as learning tools.
- ◆ **Reward yourself** – Keeping yourself motivated and on track toward your goal shouldn't just be about completing tasks. We all like to have a “pat on the back” occasionally. So, when making your plan build in small rewards along the way. Rewards are especially helpful when overcoming obstacles (see paragraph above!)

Attitude will make all the difference in your success!