

FINDING MOTIVATION



FORMULATE A SPECIFIC GOAL

Make it achievable, measurable and clear.
Chunk it into tasks and plot the tasks against a calendar with realistic dates and progress deadlines.
Be very detailed and specific about every step.

RALLY SUPPORT

Ask people to help or support you in your efforts.
Set reminders in planners and devices to keep the goal and progress tasks on your everyday To Do List.
Make progress on the goal part of your daily routine wherever possible, integrating it with the rest of life.



KEEP MOVING

Emphasize that any progress is better than no progress - just keep going even when obstacles arise.
Imagine hitting the finish line, and do a bit more towards getting there. Imagine the feeling of achieving your goal.
Every step counts, so keep moving.

REMEMBER YOUR WHY

If you're having unhelpful thoughts or feelings, that's just part of life. You don't have to act on them or buy into them as facts.
Remember WHY you set the goal and WHY you value it.



CREATE REWARDS

Give yourself rewards, acknowledgement, or little celebrations to mark reaching progress milestones.
Having things to look forward to, even tiny things like a cup of tea after completing a task, or a break after meeting a deadline, can stop overwhelm occurring.

DON'T BELIEVE YOUR OWN BS

You know when you're making excuses and trying to sell them to yourself. If you know you're flaking out, activate your Inner Hero, stand up and tell the Flake to either get on board, or back off.
Take a breath and keep going!

