

USEFUL FOR:

Getting things done, figuring out your goals, and finding and keeping that energy for tasks both big and small.

MOTIVATE ME



It is important to find (and keep) motivation in your life, as it not only drives you toward achievement but also increases your general happiness and wellbeing.



What is motivation?

Motivation is what drives you to make the things you want happen, from the big things in life (goals and hard tasks) to the small things (getting out of bed in the morning!).



What can motivation help with?

Motivation helps you get the most out of life. It gives you direction, a sense of purpose and achievement in life which can lead to feeling more satisfied, positive, and increases general happiness and wellbeing.

To wrap up

- › Motivation helps you get the most out of life and drives you to do the things you want to make happen.
- › Setting small but interesting goals is a good way to find initial motivation.
- › Plotting your progress and letting people know your goals is also a good way to make sure your motivation sticks around.

Motivation: how to find it and then keep it!

- › Set goals that can be measured and have an end point. This can help give you something to work toward.
- › Choose goals that interest you. This seems obvious, right? If you choose areas that interest you, it'll be a lot easier to find the time to do it, plus you'll enjoy it along the way.
- › Find things that interest you within goals that don't. Unfortunately not all goals or tasks will interest you. So, try and find something within that task that does motivate you.
- › Make your goal public. If you tell another person your goal or write it down, it becomes even more of a motivating factor to make a good attempt at keeping your word.
- › Plot your progress. By tracking your progress you can celebrate small wins and keep motivated.
- › Break up your goal. Break it into smaller, less-scary tasks. Start with the easier stuff first, then as your confidence increases, move on to the more challenging components.
- › Use rewards. Promise yourself some sort of reward each time you complete a task.
- › Don't do it alone. Join a class or find a teacher or someone you can share the experience with. Other people can be encouraging in hard times.