

## **18 Tips for Increasing Motivation**

### **1. Set a compelling goal**

Set a goal that you want to achieve, that means something to you and that is achievable. This is the first and most important step in getting and keeping motivated. Write it down (or draw it) and keep it handy as a reminder.

Revisit what we did on Vision

### **2. Share your goal with others**

The chance of actually achieving your goals is greatly increased when you share it with others:

You gain more clarity about your goal and how to achieve it. In speaking your goal out loud, conversations with others may help you clarify and sharpen your goal.

You receive accountability. Sharing your goal with a friend or family member makes the goal more real and no longer just a note in a journal.

Now, others can hold you accountable by asking you about the progress you've made towards reaching your goal.

### **3. Set yourself up for success – right conditions / environment**

This might be buying the right equipment, creating a sacred time or space, or starting the day on the right foot. Whatever works for you / helps you, identify it and put the necessary step in place from the start.

### **4. Set measurements and milestones**

Goals often need chunking down into achievable bitesize components. You can work forwards or backwards from your goal to work out what these are, the order, timing, dependencies etc. Set periodic times / stages to evaluate progress against these.

What gets measured, gets done!

### **5. Get support and accountability**

With the best will in the world, it might be hard achieving your goal alone. Identify the support you need (skills or expertise you may lack) or accountability. Working with others with complimentary skills or finding an accountability partner can both help. A coach can often be useful here.

### **6. Keep showing up no matter what**

Consistency is key. Showing up, even when you don't feel like it or when obstacles get in the way will mean that you are continually clocking up progress towards your longer-term goal. Practice always makes perfect.

## **7. Take pride in hard work**

Be proud of what you do, the effort you put in, the contribution you make. Anchor the feeling of pride if this helps as a reminder when things get tougher (NLP anchors).

## **8. Inspire / motivate others**

Sometimes it's easier to inspire and motivate others than ourselves as we feel this is giving and helping others / maybe less selfish / indulgent.

## **9. Make it count**

Sometimes it's easy to 'go through the motions' rather than going all out. Make sure whatever you're doing actually counts as progress, practice or in some way towards your own goal. You're only kidding yourself if you don't.

## **10. Remind yourself why you're doing what you do**

Keep a copy of your written / drawn goal in sight. Look at it regularly. Check that your efforts are still aligned with this end goal. If they're not, what adjustments are required?

## **11. See obstacles as opportunities**

There will always be obstacles and distractions that crop up along the way. That is just life. However, how we perceive these obstacles can be critical. See them as opportunities to learn or challenges to overcome. I sometimes 'gamify' them, to lighten how I feel.

## **12. Know how to pick yourself up again**

We may get disillusioned or fall off the wagon in some way – we are only human after all. However, it's important to know how to pick yourself up again. Remind yourself of your end goal. Remind yourself of all the progress you've made so far. Identify a few things that help to inspire and motivate you or encourage you to keep going when things get tough.

## **13. Schedule a few inspirational activities each week**

Rather than waiting until things get tough, proactively schedule some things to keep you going. Some reading or study time. Check in with others who are on similar journeys. An accountability session with your peers or your coach.

## **14. Schedule downtime for yourself**

Downtime is important to rest and recuperate. If you're hard at your goal all the time you will become tired, your energy will deplete, your motivation will wane. Give yourself regular downtime for physical and mental recovery. This will keep things fresher and may even spark some new inspiration.

### **15. You don't have to do anything. You choose to**

Remember that life is full of choices. This is something that you have chosen to do (whether you realised it or know). If you're choosing to do it, then do it justice. If you're choosing not to do it then stop. Concentrate your efforts elsewhere instead.

### **16. Surround yourself with a tribe of motivated people**

Remember that you're the average of the 5 people you spend time with. Given yourself a natural boost by spending time with positive and motivated people. You may need to make some choices in this area or identify some specific people you want to spend time with to reach a specific goal. Remember, you also have a duty to help motivate the group, if not, you may find people avoiding you!

### **17. Track your progress and share with others**

Track progress against the milestones and goals and give regular updates. Either to those that are directly or indirectly affected by the goal, accountability partners or even on social media.

### **18. Celebrate success**

Remember to celebrate success when you achieve your ultimate goal, as well as reaching milestones along the way. Make the celebration commensurate with the level of success (always it doesn't need to be relevant to it).