

TIPS ON GETTING MOTIVATED



1 Change **"I can't"** to **"I can"**...creating **positive** expectations for yourself can lead to success.

2 Focus on your **past successes**...what did you do then that would help you now?

3 **Just do it!** If you have a task ahead of you and you are unmotivated to work on it, do it anyway. Tell yourself you can stop after 5 minutes, and you'll probably keep on going.

4 Be **organized** and **realistic**. It's easier to be motivated to do things we are realistically capable of succeeding at and for which we have left ourselves adequate time.

5 **Set goals**. Make them **SMART**: specific, measurable, attainable, realistic, and time-bound. Write them down along with when you will achieve them.

6 Learn to **relax**; it's hard to get anything done if you are feeling anxious or overwhelmed.

7 Make yourself **accountable** for meeting your goals. Tell someone else about them and reward yourself when you meet them.

8 Make time to **enjoy yourself**. It's easy to lose motivation for our work if we don't allow ourselves to play. Manage your time well so you can do both!

9 **Don't confuse who you are and what you do**. Sometimes we lack motivation because we are really afraid of failing at something that challenges us. Recognize that sometimes you won't succeed, but that it's better than never having made the effort. No one is ever perfect!

10 Think about the **BIG PICTURE**, what do you need to do **RIGHT NOW** to move you a little closer toward what you want for your life in the future? **What are you waiting for?**