

6 STEPS to ULTIMATE MOTIVATION



from

Motivation: According to wikipedia: Motivation is a term that refers to a process that elicits, controls, and sustains certain behaviors. Motivation is a group of phenomena which affect the nature of an individual's behavior, the strength of the behavior, and the persistence of the behavior.

In simpler terms: Motivation is WHY you do things.

How to Get Motivated

#1

Stay Positive

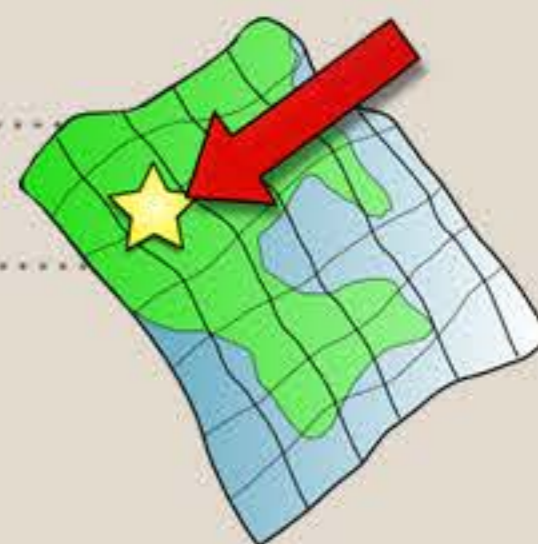
Positivity: Some people find this simple, and others really struggle with it. One of the things to keep in mind is that staying positive is really under YOUR control. You can choose to dwell on the negative or you can focus on positive outcomes. Try to look at the bright side, and treat every failure as a chance to learn. The more you consciously tell yourself to stay positive, the easier it will become until it is second nature!



#2

Create Goals

Goals: Most people say they have goals, but do they really? I don't mean in general, I mean specific goals written down. Goals are what drive people towards success. You will find it much easier to stay motivated if you have goals to strive for. If you are wandering aimlessly through life, you will be naturally unmotivated. Set some goals, and you will have a reason to get off your butt.



#3

Visualize Success

Visualization: Visualizing your future success may seem corny to some people, but it is no joke. All top achievers use visualization to help them reach their goals. It keeps you both positive and *motivated!* Some common ways to visualize is to simply think about achieving your goals in a quiet area, or creating something like a vision board. A vision board is a collection of pictures of things you would like to own or achieve. You will be reminded every time you glance at the board.



#4

Keep Good Company

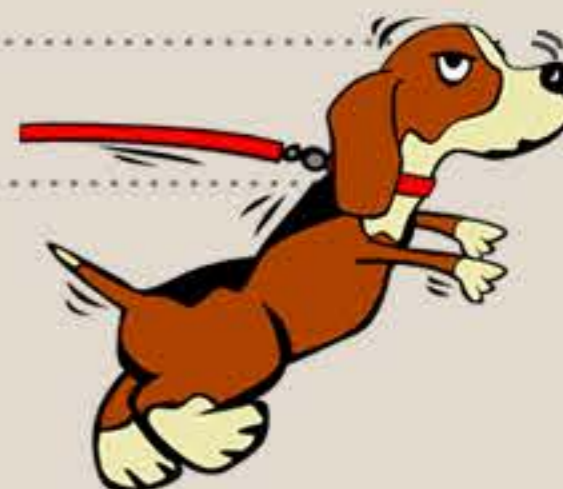
Good Company: A wise person once said "Tell me what company you keep and I'll tell you what you are." It is much easier to get and stay motivated if you surround yourself with like-minded individuals. If you are around people who are striving to achieve their own goals and are good influences, you will find yourself more motivated. You will be inspired by their behavior, and will want to share their success.



#5

Track Your Success

Achievement Log: A very underrated tool is the "Achievement Log". It is suggested that when you work towards your goals, you keep a running list of all of your successes. You can determine what constitutes a success but in general anything that helps you achieve your goal is worth jotting down. This way, in those times when you lose motivation, you can take a look at this log and see *everything* you have achieved. This reminder will give you an instant boost of motivation.



#6

Remember Why...

Remember: Above all else remember what motivates you in the first place! Make a list of your motivation and keep it on you at all times. If you want to get back down to your old weight, carry around a picture of a slimmer you. If you do everything for your family, keep their picture on you. Whatever motivates you, find a way to remind yourself about that at all times.

