

# How to Stay Motivated

Motivation is essential to setting and attaining goals. Research indicates that you can influence your own levels of motivation and self-control. To do so, you must figure out what you want, power through the challenges and start trying to be who you want to become.

## Set Smart Goals

When people have goals to guide them, they are happier and achieve more than they would without having them. Putting your goals in writing helps you to define them in detail. Be specific, use action verbs, have measurable outcomes and specify completion dates.

**Define potential obstacles.** Think of every obstacle that might stand in your way then decide what you can do about each of them. Shield yourself from distractions and temptations that may arise along the way.

**List the benefits of achieving your goal.** Write down exactly what you hope to gain after achieving your goals.

**Identify subgoals.** Be specific, defining exactly what you are going to do and when. Make sure each step is challenging but attainable.

**Get prepared and organized.** When information is scattered, you feel out of control and that undermines your motivation.

**Leave some room for mistakes.** Prepare backup strategies. Do not expect perfection.

**Chart your progress.** Whether it's on a high-tech online tracker or in an old-fashioned journal, record it. Seeing incremental improvements can boost your motivation and help you make important changes in order to be successful.

**Reward yourself for every successful step.** Treat yourself to rewards that will motivate you to continue moving forward.

**Enlist others for help.** Try to find someone with whom you share a common goal and keep each other accountable. Also, look for someone who has already achieved the goals you seek to reach and ask them for their insight on how to accomplish them.

## Practice Makes Perfect

Never give up without a fight. The closer you get to achieving your goals, the easier it gets to stay motivated and on track. Self-control functions like a muscle, becoming stronger with use. If you keep practicing self-control, you will eventually become better at it.



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