

HOW TO GET

MOTIVATED



BY KIMBERLY DESIGN LOVE

Secrets of Motivated People

“NEVER, NEVER, NEVER, NEVER GIVE UP.” WINSTON CHURCHILL

A couple of years ago, I took a really nasty fall into our swimming pool. I smacked my foot on the edge of the pool as I fell in and broke the cuboid bone and twisted my ankle. No one was home, so I thought I would sit by the pool and read my iPad instead I misjudged the edge and fell in. Because I was alone, I had to hobble out of the pool trying to not put any pressure on the injured foot. I was able to reach the phone and call my fiancé who had to rush from Tampa to Orlando to help me. Not wanting to further damage my foot, I drifted off in a pool chair until he arrived home. The injury took me several months to walk without an air boot and crutches. After I was able to walk again, my family asked me what I wanted to do to celebrate. I said I wanted to go to a lighthouse in Cape Canaveral, Florida and climb to the



top. “Why on Earth would you want to go there? Won’t that hurt your foot?” They asked surprised.

“Yes, it will probably hurt a little and I am scared of falling again but I don’t want to stay scared of falling. I want to face my fear and climb to the top.” I said

Climbing the narrow spiral stairs made me feel a bit lightheaded and queasy. I climbed the stairs in between my teenage son and my fiancé. I felt safer knowing I was not alone. When we made it to the top, we were greeted with an amazing view of the ocean and dolphins playing in the waves.



I was motivated to climb those lighthouse stairs just to know that I could do it again and face my fear of falling.

For most of us, one of the hardest things is to stay motivated to meet a goal, especially when things get difficult or mundane. The challenge of finding a way to motivate yourself to keep going can be almost as difficult as the task itself. Whether your goal is to be more productive, wake up earlier, exercise regularly, change a bad habit or become happier, you need to find the motivation to stick with it in order to achieve it.

Motivation is the key to reaching any goal. But it’s not always easy to keep to it day in and day out. Sometimes motivation requires a reward or a threat. Sometimes a reward is not enough. Once the reward or threat is removed, you lose your motivation to continue.



“OBSTACLES ARE THOSE FRIGHTFUL THINGS YOU SEE WHEN YOU TAKE YOUR EYES OFF YOUR GOAL.” HENRY FORD

So how do some people seem to have a continuous supply of motivation? What are their secrets?

In this report, you'll learn the secrets of motivated people. You can use these secrets to help you learn how to stay motivated.

Why You Need Motivation to Achieve Goals

Motivation is what keeps you going towards your goal. If your motivation isn't strong enough, you are more likely to stop short of your goal.

With the right motivation, successful people have run marathons, lost weight, written books, become more productive, built successful businesses, gotten out of debt and changed their health for the better.

Motivation isn't the same as setting goals or discipline. Motivation is the reason for doing something. It is what causes you to act towards a specific goal, such as losing weight or reading a book. It involves the biological, social, emotional and cognitive forces that cause you to act.

Motivation is what drives you toward your goal. It is what keeps you going and it is the reason you'll eventually reach your goal.

There are many kinds of motivation, both positive and negative. Your boss threatening to fire you if you don't finish a project is a form of negative motivation. A form of positive motivation is something you really want to do or achieve. Something that gets you excited and willing to work for it, such as running the Boston Marathon and finishing with a personal best time.

The best way to stay motivated, then, is to have a positive reason why you want to do something. Staying motivated when doing something you do not like to do is harder when you don't have an exciting reason to accomplish it.

12 Secrets of Motivated People

The same secrets of motivated people are seen throughout successful goal achievers. Each one believes its important to start out with the right motivation to build and sustain momentum. Here are some more tips for starting strong:

1. FOCUS ON ONE GOAL AT A TIME

Highly motivated people work on one goal at a time. Working on several goals at once saps your energy and can rob you of your motivation quickly. It is a mistake many of us make. Keeping your focus is out of the question when trying to accomplish two or more goals at the same time. In the book The One Thing by Gary Keller, he asks the question, "What's the ONE Thing you can do such that by doing it everything else will be easier or unnecessary?" Start your day with this question every morning. When you feel off track through out the day, ask yourself this question again. You will find it really helps you prioritize your daily tasks.

"WHAT'S THE ONE THING YOU CAN DO SUCH THAT BY DOING IT EVERYTHING ELSE WILL BE EASIER OR UNNECESSARY?" GARY KELLER

2. SET MINI GOALS

They start with small mini-goals. Start with something small and easy, then grow from there. Sometimes a large goal or even a long-term goal is too overwhelming. You can lose motivation quickly when there is a lot of time left before you reach your goal. Lets say you have a goal of getting more exercise. Don't think you have to do intense 30-45 minute, 5-day-a week exercise right from the start. Instead start out with something smaller, say a five minute routine or a ten minute walk for one week. Then the next week add a few more minutes until, by the end of the month, you're doing 30 minutes of exercise.

3. BLOCK OUT TIME EACH DAY

Motivated people block out time each day to spend on their goals. Make a habit of blocking out one hour a day towards your one goal that you set above.

4. REALLY WANT IT

They really want it! This is essential. You have to be passionate about your reasons why you want something. Write your reasons down. They have to be reasons you are really excited about and you want deeply, almost obsessively.

5. YOU CAN'T BE A SECRET AND BE A SUCCESS - GO PUBLIC WITH YOUR GOAL

They commit to it publicly. Nothing holds you more accountable than sharing it with others. No one wants to look bad in front of someone else. Tell your friends and family, write about it in your blog or on social media. Hold yourself accountable over and over by giving progress updates every week or so.

6. BUILD ANTICIPATION

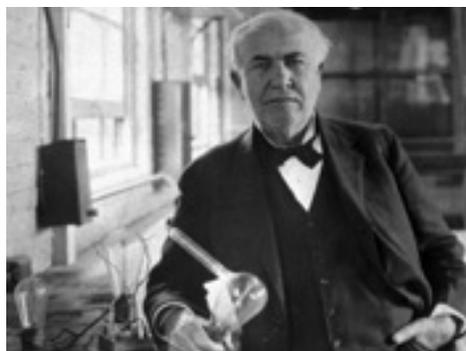
They build anticipation. This goes along with the accountability. Build anticipation by setting a date in the future as your start date and say a week or two from when you announce your goal. Mark that date on your calendar. Talk about it like it is the most important date in your life. Write out a plan for reaching the goal so you know the steps to take when you do start.

7. WRITE YOUR GOAL IN PLAIN SITE

They print out their goal. Post it somewhere where you see it every day, like the bathroom mirror or refrigerator and on your desk at work. Make it a big reminder to keep you focused and excited. Keep focused on the end goal.

8. STAY POSITIVE

When Thomas Edison was asked if he felt like a failure when he had not successfully created a battery, his response was; "I have not failed. I've just found 10,000 ways that won't work." Motivated people stay positive about themselves and their success. With faith in what you believe, you can conquer whatever you desire. Have a win-win attitude. Keep your attitude positive.



*"I HAVE NOT FAILED. I'VE JUST FOUND
10,000 WAYS THAT WON'T WORK."
THOMAS EDISON*

9. BE PROACTIVE

They are proactive. Don't let negative people or situations take control. Listen to yourself and how you feel.



“I LIKE TO ENCOURAGE PEOPLE TO REALIZE THAT ANY ACTION IS A GOOD ACTION IF IT’S PROACTIVE AND THERE IS POSITIVE INTENT BEHIND IT.” MICHAEL J. FOX

10. SET PRIORITIES

They set priorities. Learn what should come first in your life.

11. FACE FEAR

They face their fears. Sometimes despite your best efforts, you struggle to actually take the action required to complete your goal. One of my fears and that of many was a fear of public speaking. Telling yourself that you are not afraid and scheduling a speaking engagement in front of hundreds of people may back fire on you. Instead take it step by step as I did in that lighthouse. Speak in front of your family and trusted friends first. Then give short 10 minute presentations speak at small networking events like Rotary Club or your Chamber of Commerce. Gradually build up your confidence in public speaking. You may it helpful to join a group like Toastmasters where you can practice with others who want to excel at public speaking.

12. EXPECT GREATNESS

They have an attitude of expectancy. Motivated people know that you get what you expect. Expect great results. Expect to achieve your goal.

The secret of motivated people is to start with small goals, be really excited and passionate about your reasons why you are reaching for a specific goal, and to hold yourself accountable.

Secrets to Staying Motivated

Sometimes you might lose your excitement for your goal. The trick to keep going is to learn the secret to staying motivated. It might be that you missed a few days working on your goal and now have trouble getting back to it. Or maybe the goal isn't a priority anymore because something has changed in your life. Or maybe you just became discouraged when things started to get difficult.

HERE ARE SOME TIPS TO HELP YOU STAY MOTIVATED

- Start again if you fall short of your goal. Don't be too hard on yourself if you fall off track for a few days. Just get back to it. Everyone comes up short occasionally. When you fail to meet a weekly goal, don't get too emotional. Think of it as a lesson. Don't dwell on the failure. Instead accept it and move on towards your goal.
- Stay accountable to the group of people you announced your goal to. Check in daily or every few days. Being accountable helps you follow through, since no one wants to report they failed because they didn't follow through.
- Stay positive. When a negative thought begins making an appearance, replace it with a corresponding positive one. Instead of saying, this is too hard! say, I can do this!
- When you lose your motivation, read a book about your goal. It inspires you and helps you focus on what you want to accomplish.
- Build on the little successes you've already achieved. Every step you take along the way toward your goal is a success. Celebrate each one. Then build on that feeling of success and move to another small step.
- Reward yourself when you accomplish a milestone. Set appropriate rewards for each step you make toward your goal. Just Don't ruin your progress with a self-defeating reward. For example, Don't have a dessert eating binge to celebrate that you've been eating healthy for the past week.
- Stay motivated by associating with like-minded people. Partner with someone who has similar goals. Find an exercise buddy. Partner with your spouse or another family member to provide motivational support. Online groups are a good option as well.

- Keep track of your progress with a chart. It can be a simple calendar or goal setting software that lets you keep track of how you are doing. Create a weekly checkpoint to help you track your progress. When you begin to lose your motivation for your goal, seeing how you are keeping them so far helps keep you inspired. A checkpoint can also help you see when you are lagging and need a kick start to get back on track.
- Use visualization techniques every day. Visualize the successful outcome in detail. Think about how your success will look, how it will feel, taste, smell or sound like. How will you look? What clothes are you wearing? Be as clear on the details as you can.
- Get support when you struggle. Friends and family truly want you to succeed. Enlist others to help keep you motivated. Choose those who know you and know how much success means to you.
- Challenge yourself or change things up when you begin to lose motivation. Adding or changing the difficulty level of what you're aiming for keeps you moving towards positive change. For example, challenge yourself to organize all of your countertops in one day to help you reach your goal of getting organized.
- Refuel your mind. Focus on enjoying the process as well as reaching the end goal if things seem to be moving slowly. Attend workshops, take a class or join a group session related to your goal.
- It is okay to take a break. Even the most motivated people get overwhelmed. Take a much needed break if you feel yourself burning out. Take a walk or make a smoothie.
- Remind yourself why you want to achieve your goal. When you are in the middle of reaching for your goal and things get mundane or you hit a tough spot, remember why you are working so hard.
- Put yourself first. Making yourself a priority might seem selfish, but if you don't then you will derail. Putting yourself last in order to please others is a recipe for disaster. For example, eating cookies that your mom baked while on a sugar-free diet won't help you reach your weight loss goals.
- Take control over what you can. Stop worrying about what you cannot control. When you feel like everything is working against you, take a step back. Realize that there are some

things you can control, and some you cannot. The trick is to learn the difference. When things Don't work out perfectly, move on quickly to your next success.

Everyone loses their motivation at some point. Those who stay motivated are the ones who recognize when they need a break, who ask for help, and who think positive. They get back on track when they hit a stumbling block. They reward themselves for small successes they make toward their goal.

The Next Step

Reaching success in your own goals can be found in the secrets of motivated people. They have learned how to harness these secrets to reach their own goals.

Motivation is the why behind any goal we set for ourselves. Setting goals is the process. Taking action toward the goal is the how. Those who are motivated write down their goals. They are passionate about why they want to exercise, be more productive or get healthy. They set up a plan to track their progress and take steps every day towards that goal. They announce their intentions and hold themselves accountable to those they tell.

When they begin to lose their motivation they ask for help from a coach or someone else. They read and continue to learn about their goal. They stay positive in both their thoughts and their attitudes. Motivated people are focused on one goal at a time so they don't become overwhelmed reaching for more. You, too, can learn from their secrets. Start by staying positive. Have a hero or someone you look up to as an inspiration. Keep things fun and reward yourself a treat when you reach your mini - goals along the way.