

10 Ways to Get and Stay Motivated

As this year slowly draws to a close, (have you noticed?), now might be a good time to take stock of any unfinished business or projects you'd like to complete by year end. Do you have any that have been lingering for a while, frustrating you, or that you just can't seem to bring yourself to complete?

Here are ten tips to help you get moving and stay motivated:

1. **Visualise:**

Take a few minutes to imagine exactly what it would be like or feel like for you when you've completed your project or achieved your goal. Create a powerful, inspiring vision and you'll feel inspired to live into it and to do what it takes to turn your vision into reality.

2. **Get in touch with exactly what you're moving toward, as well as what you're moving away from:**

We can all lack motivation at times in relation to our goals, so if you find yourself feeling ambivalent, remind yourself of what it is you want to move towards - for example, feeling healthy and good in your own skin - and what it is you want to move away from - constantly feeling tired, catching every bug that's going around and embarrassed to be seen in swimmers on the beach.

3. **See any obstacles that might arise as welcome challenges:**

When we challenge ourselves we both learn and grow. Take on the challenge with a positive outlook and experience the boost to your energy that it brings.

4. **Don't over-do it!:**

Never take on too much at once. It's a classic way to self-sabotage. When you feel overwhelmed with projects and responsibilities, you won't have enough energy to feel motivated.

5. **Clear the way to your success:**

Get rid of anything that is cluttering your surroundings. Clutter can make you feel sluggish as well as confused.

6. **Create detailed, step-by-step action plans for anything you're finding hard to either start or complete:**

One reason that goals and projects aren't either started or successfully wrapped up is because there's a lack of clarity around exactly what needs to be done.

7. **Use deadlines and rewards:**

Remember that a task can grow according to the amount of time allocated to doing it. If you have an unpleasant task to do, or one that's simply draining your energy just thinking about it, consider how quickly you can realistically get it over and done with and schedule it in. Before you start, focus on how much better you'll feel when it's done and give yourself a much deserved reward when you've finished.

8. **Use start dates:**

If you're a project manager, you'll be just as familiar with having a start date as with a deadline. Committing to a start date and completing a specific action, no matter how small, toward your goal, will get you in motion and can fire up your motivation.

9. **Put motivators in places you'll regularly see them:**

These can be objects, symbols, pictures or words - anything that inspires you to take action. Have them at home, work, in your wallet, on your mirror, your fridge, or create a screensaver.

10. **Get a coach!:**

Working with your own coach is like having a mentor, manager, personal trainer and sports coach all at the same time. Your coach can work with you one-to-one, or you might like to join a coaching group of like-minded people who, together with a coach as facilitator, can support you and challenge you to be your personal best.

For more business, executive or life coaching tips and strategies to help you achieve your goals and create and live the life you've always wanted, as well as information on one-to-one coaching to help you get there, visit www.blueskycoaching.com.au or contact Tania below.