

Self Motivation Tips

Strategies To Help You Feel Motivated When You Need It Most



“One day, you’ll wake up and there won’t be any more time to do the things you’ve always wanted to do”. Do Them Now!

Introduction

For our first post we shall be considering the topic of Self-Motivation.

Before you are able undertake any task, motivation for it must exist.

Some activities will be so inviting however that you really don’t need much motivation to get going with it but the reality is you do actually have to do something - and that is not always appealing.

How has your motivation been over the past week or month or even over the last year? And I'm talking to you as somebody who's trying to build and create something that's exciting for yourself.

With any goal like this that's big and requires a lot of sustained effort, there are going to be some high points and exciting times and there are also going to be some low points, times where things don't go as expected or don't go as planned or you lose interest temporarily.

Times when you're feeling demotivated. It's going to happen.

You and I, we all, have to consciously make ourselves feel motivated all over again, and it's important to know how to do this when those low points are hit, when those roadblocks t knock you off track.

Over the coming pages I’m going to be giving you some strategies to help you feel motivated when you need it the most.

In particular, if you are able to take away one or two ideas that you can implement whenever you notice that your passion or motivational levels are dipping, you will be able to get back on track, get productive again and keep your eye on where you want to be.

Ok let’s begin.

Physical Exertion



The first tip in being self-motivated is physical exertion.

A lot of us as today do a lot of work at desks in front of computers. Our physical routines are naturally lending themselves to lower levels of excitement and motivation because we're sitting around.

We're not moving. We're not using our bodies the way we would if we were in other lines of work and this can have a detrimental effect on your thinking and on your mood and so on.

Think about how you actually use your body on a daily basis. How you can use it as a tool to increase your level of motivation, increase the mood and the happiness that you feel and also that level of excitement and passion you have for your work.

A couple of quick examples would be, again, going back to the idea of somebody who works in front of a computer a lot, maybe that's you, or even if you don't but you're not using your body to its full extent throughout the day, how can you change the physical state of your body?

Can you go from a sitting position to a standing position? Once you stand, how can you use some stretch movements or running on the spot, yoga positions, jumping jacks, pushups, sit-ups, whatever it may be to literally change how you're using your body in that moment.

Just a few minutes of sustained pressure or exertion on your muscles, on the physical structure of your body, will create a chemical change in your body which will also have an effect mentally.

You've seen this before. Anytime you've gone for a walk, you've probably felt a little bit better. Walking is another really good example.

So with this first particularly example here, physical exertion, take a few moments and write down five or six different ideas of things you can do with very minimal effort and even minimal time spent where you can use your physical body to your advantage to create a positive momentum and a sense of motivation in your life.

Especially when you hit those low points, whether it's a low energy point, low level of motivation, maybe you've even hit a state where you're feeling a lack of confidence in yourself, that's a sense of demotivation.

You can bring it back to a high level again, by using your body.

But you need to have some specific strategies that you're going to use when it comes to physical exertion.

So, use those five or six things that you wrote down and, whatever the order of preference you have them in, try them out the next time you're feeling demotivated.

Audio Programs

The next tip for self-motivation concerns audio programs.

Here I'm talking specifically about either audiobooks, audio versions of inspirational/motivational type of material, or audio recordings of great speeches that have been recorded live that you can listen back to and capture the essence of the moment, what that speaker was talking about.



For example, maybe you've been really hectic and chaotic and feeling a little out of control recently. Go and find a passage from an audiobook or find a speech given by somebody who's really good at the concept of calm, finding peace, serenity, getting centered all over again.

Listen to it for about 15 minutes. By doing so you are allowing yourself to get centered, to calm yourself down, remembering to breathe and doing all these different things that are good for your own mental and physical health, but at the same time getting you back in touch with who you need to be from a motivational perspective.

When you're feeling calm and confident get back to your work or working environment and you'll be far more productive and motivated to get things done.

So try audio programs out and remember that audio programs are great not just for in the car when you're driving but anytime you do something that's not specifically focused on your work task at hand.

You can use this to your advantage to actually get some study time in and motivation time that will fuel you moving forward.

Reading

Reading is something that most, if not all successful, people do and they do it far more than the average person. Over 52 books a year!



There is a sense of inspiration and motivation that comes naturally from reading. Unless you are one of these freaks of nature who's always naturally motivated, you have to motivate yourself and sometimes reading for a little while can really do that for you.

Importantly you want to be able to find a unique time every day, ideally at the same time every day, to do your reading.

Some people like to do this in the early morning hours, before they start their day, before they've checked their email or their text messages or voicemail. They take 30 or 60 minutes to sit and read a new book or reread an old book that was very helpful to them.

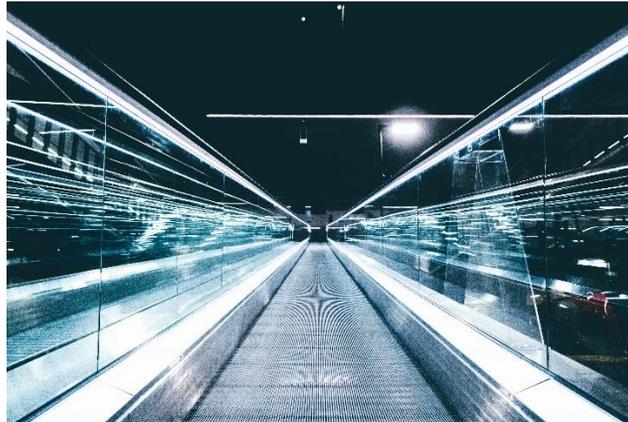
It inspires new ideas, it inspires creative thinking, it reminds you of valuable life lessons that you know but maybe had forgotten.

There is no shortage of good books and good reading material - leadership, business development, general personal development and inspiration and even sometimes fiction can have a profound effect on your levels of motivation.

So, pick a time, at least a few times a week, if not every single day, to sit down and read good books that cause you to feel a sense of motivation so that you feel good about yourself and feel exciting to attack your day and go after the major items on your to-do list rather than feeling overwhelmed.

Reading will be a huge way for you to stay connected to that sense of passion and inspiration and motivation.

Future Vision



Think of some of the goals you're working on right now, maybe the ones you've been at for a long time, years maybe..

When you first set up those goals, they were driven by something. They were driven by an internal desire to do something that ultimately is your vision. It's a vision of yourself in the future, being, doing and having different things.

But what happens to a lot of us is we set those goals, we get busy working and we get so caught up in the day-to-day that we actually forget what that future vision was.

Here's a quick exercise you can do to re-motivate, reenergize yourself. Use a piece of paper, a notebook, a handheld device or even on your computer if you want. All you do is reconnect with all of those visions of yourself in the future that originally inspired you to begin on the journey that you're on right now.

You might want to start off with something like: "I see myself as ..."
Which might become: "In the future, I see myself as a wealthy entrepreneur. I see myself as a success, an inspiration to others," and so on.

Whatever it is that really drives you to do what you do. You're reconnecting with your reason why. You're reconnecting with some of the tangible results that you're hoping to create.

You're allowing yourself to experience what that end result is going to feel like, once you achieve it.

That, if nothing else, will remind you of the path that you're on and recreate that sense of motivation that you might have lost in the day-to-day minutiae. Know where your future vision is and use it as a motivator.

Something to Prove

The next tip is sometimes called a negative motivator, and this is where you remind yourself that you have something to prove.

Because I guarantee you, if you've got a big goal and you've been working at it for a while you will have undoubtedly run into somebody or a group of people that have told you all the reasons why you can't do it, why your idea is flawed, why you should give up! It happens to anybody that strives for success.



Spend four or five minutes really dwelling on that person that told you it couldn't be done or told you that your idea was stupid or that you'd never achieve whatever it is you're setting out to do.

How do you feel? Angry, disappointed in the antagonist? However it manifests itself in you, let it well up inside and then channel it forward into positive productivity. The "I'll show you" mentality is huge and

has affected a great many entrepreneurs.

Now obviously, this isn't a space in which you want to spend a lot of your time, but use those negative messages as tools to flip a switch that says, "I'm motivated to prove these people wrong. I'm motivated to show them what I'm made of."

That's a sense of energy, a high level of motivation that you can channel directly into your work, directly into being productive and that can carry over for days, weeks, right to the end of a project and that project might be the stepping stone you need right now to get to that next level.

So don't forget that you're always trying to prove something not just to yourself, but to the doubters in your world and you can make it happen. Use them as tools. Use them as fuel for motivation to get things done.

Environment

This next tip is really interesting, and it's about environment. Your environment plays a huge role on your levels of motivation and passion and excitement for your goals.

Some people are naturally lucky to be surrounded by positive people and they live in a great environment that supports their success and their well-being. But many other people aren't. It's up to them to actually put themselves into environments where they can get that positive support and encouragement they need to succeed.

This ranges from your family life to your working environment, be it colleagues, partners, customers and so on, to the environments in terms of your digital world.

Where do you spend time with communities you're involved in online - Facebook groups, forums, Skype groups, things of that nature?



Every single one of these environments that you go into and spend time on, socializing and interacting with other people, are either going to help you move towards your goals and feel good about them and feel encouraged to keep going, or they're going to pull you away from that, make you feel lousy and make you lose a ton of energy and drive.

It's up to you to evaluate which ones are worthy of your time and which ones you need to stop spending so much time in and maybe cut out entirely.

Take a few minutes now to think about all the different environments, whether they're physical, in reality, in real-world environments, or they're

virtual where you're spending time online and write them down and understand how they affect you both positively and negatively.

Then from there, look at how you can increase the amount of time you spend in the positive environments and maybe even enter a new positive environment.

A simple switch to a new environment could change your entire life, could change your entire level of motivation.

Music and Video

What is the music that makes you feel good and gets you “up” again?

If you haven't yet got one, take some time and make your own small playlist, from your own collection or from YouTube.

Pick and choose moments in your day where you play a single song or piece of music.



Let yourself feel the music, feel the thrill or excitement or joy that the music gives you and allow that feeling to carry you through the next part of your day.

When you go to YouTube or any video service really, but particularly YouTube and you start searching for things like motivational videos, inspirational speeches, there is an unbelievable amount of results that will pop up and some unbelievably excellent videos that can motivate and inspire you.

Think of the last time you watched a movie that really moved you and inspired you. Same idea, just smaller doses in the form of three to five-minute videos on YouTube.

Just brainstorm various key phrases, like “inspirational speeches”, “motivational videos”, and search through ones that give you that sort of five-minute kick, that little quick burst of motivation.

And if you don't have the ability right now to undertake some of the earlier tips last or this week, watch a brief video that uplifts you and that may be all you need to go into that phone call you're about to have, having a high level of energy and being engaged with your customer, your partner, whoever it is, versus having a low level of energy and not being as productive or excitable or persuasive if you're on a sales call, for example.

So don't forget that you have these tools like YouTube at your disposal for free, that can really give you a boost of motivation in a matter of minutes, if you need it.

Deadlines

The next tip is really interesting. It's the concept of deadlines, and if you've ever crammed for an exam in college or university, trying to get everything into your brain at the last minute before the exam started, you know what I'm talking about here.

The pressure of deadlines is huge. There's nothing more motivating than knowing there's a huge deadline hitting tomorrow morning and you're not yet ready.

The pain of missing the deadline is too strong, and you do whatever it takes to make sure that you don't miss it. Why not use that to your advantage?

Whenever you go through periods of low productivity, where you feel sorry for yourself perhaps or you're lazy or your bored and even though you know you should be working you choose to procrastinate instead, maybe the answer is that you don't have enough deadlines set up for yourself.

A new deadline will give you a sudden burst of energy and excitement and a sense of urgency to get things done.

Sometimes it's about going beyond your comfort zone and using almost a pain motivator to get yourself going, but usually the pressure of that deadline will also get you excited again, and that excitement that you may have lost will be reinvigorated and reignited for you, as soon as you have some kind of either short or even medium-term deadline to work towards.

If you don't have one, create one right now so you can begin working towards it and get motivated again.



Crisis



The last tip I want to mention here is a crisis situation.

Now, these aren't necessarily things you want to create, but you can embrace them when they do happen, as a way of reframing what's happening for you.

If you're a business owner, for example, and you're selling stuff to clients or maybe you

have a big customer base that's buying product from you, there's a good chance that something is going to go wrong at some time.

A customer or a client is not going to get what they expect, something is not going to be delivered correctly, a system is going to break, somebody is going to be upset along the line.

When that happens, and if it happens to the wrong person, you might have a really angry customer on your hands who's threatening all kinds of action and threatening to really cause your life to become miserable for a good while.

Rather than looking at that situation as something horrible that you would rather not happen, embrace the fact that it is going to happen and use it to its advantage.

So the next time some sort of crisis situation occurs, like this, look for the gift in the fact that, a) you have the opportunity to solve the crisis, b) you're not going to have any time to think about it so you'll have instant motivation, you'll have a high level of energy to be productive, to be driven to correct this thing, and, c) you'll be able to right a wrong that you potentially have caused in your customers' eyes, turn that customer around to loving you again and you've reaped the rewards of having this huge burst of energy just by virtue of solving that problem.

As soon as you solve the crisis, remember that it was a motivator, use that motivation to do something productive that you may have been procrastinating before.

Conclusion

I hope you've enjoyed this Guide to Self-Motivation. This has been somewhat of a new look that will help you when you're feeling low.

You can try one or more of these at any given time and share these ideas with other people as well. Share them with people in your organization. Share them with your customers, your friends.

If you've enjoyed this presentation please take a moment to visit our website at <https://trainingexcellence.net/FBbonus> where you'll find a bonus to compliment this series.

Kind regards
Adrian Stead
Training Excellence



