

# How To Stay Motivated

Most of us want to make healthier lifestyle changes but finding the motivation to do so can be challenging.

What is motivation? Motivation is the drive to achieve your goals. It is influenced by how much you desire to achieve a specific goal, what the end-result rewards are, and finally, your personal expectations.

Motivation is important to us because it helps us to make the desired changes, achieve a goal we had in mind, and help us to overcome challenges and obstacles. The problem with motivation is that it doesn't always stick around. Motivation comes and goes much like the motion of waves. Sometimes motivation is going to be high, other times it's going to be very low. It's very important that you accept that some days, no matter what you do you just won't be able to gather the motivation. When this does happen, you need to rely on discipline to get you through.

## **How to become motivated:**

- Set yourself specific and achievable goals.
- Break your goal down into smaller steps.
- Establish a timeframe for your goal. Ensure that it is a realistic timeframe.
- Establish a support group.

## **How to stay motivated:**

- Establish a routine.
- Practice mindfulness to stay focused on the goal.
- Regularly review your goal/goals and progress to establish whether you are staying on track.
- Remind yourself of the rewards of achieving your specific goal.
- Continue to set short term goals that lead up to the bigger goal in mind.
- Surround yourself with positive, uplifting, and supportive people.
- Keep the momentum up. Don't give up if you don't see the desired results instantly.
- Listen to a motivational podcast.

It is incredibly important to not beat yourself up or indulge in negative self-talk when you lose motivation. It is entirely normal and happens to the best of us. Remember to practice discipline when you are working towards a goal. Motivation alone will not help you to achieve your desired goal.