

## Tips for staying motivated

Motivation is what drives you toward a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

- Set goals. When you set a goal, you make a decision to act in a way that will help you achieve what you want. Goals give you a direction to focus on – one that's measurable and has an endpoint. This can help you to stay motivated.
- Choose goals that interest you. You're much more likely to stay motivated if you're working toward something that you genuinely want to do or achieve, rather than what other people want for you.
- Find things that interest you within goals that don't. Sometimes other people set goals or tasks for us that we don't find interesting or want to do. So, try and find something within that task that *does* motivate you.
- Make your goal public. If you tell someone – or write down – your goal, you've essentially made a promise to keep your word.
- Plot your progress. When you're working toward something, it can be really motivating if you can see evidence that you're making progress. Draw or create a visual representation of how you're coming closer to achieving the goal you've set yourself.
- Break up your goal. Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.
- Use rewards. Promise yourself some sort of reward each time you complete a step/task.
- Don't do it alone. Join a class or find a friend or someone you can share the experience with. Other people's encouragement to keep going can be a big boost to your motivation.

## If you're really finding it hard

- If you've tried but failed to get motivated, then it might help to talk it through with someone you trust. Sometimes it can be hard to achieve things on your own, so having a good support network may help when you've taken on a big challenge.