

## **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.