

MOMENTUM MENTORING

Inspire Me

With Annette Du Bois

Newsletter



Theme:



8 Simple Ways To Supercharge Your Motivation

If you try to do something great, you'll inevitably encounter obstacles. The more obstacles you encounter, the more difficult it is to keep your motivation at a high level. In these moments, you need techniques to fuel your motivation engine. Here are 8 simple ways you can supercharge your motivation.

- 1. Focus on the things you can control.** The more you focus on things out of your control, the less motivated you'll feel. When you focus completely on things you can control, you'll realize that you can quickly and easily change your situation. Every day, focus on the things right in front of you. Don't waste your time or energy on things out of your control.
- 2. Constantly remember your 'WHY'.** Why are you pursuing a goal or dream in the first place? What is the big, audacious purpose that motivated you to embark on the journey? More time with your friends? Better grades? New or improved skills and achievements? To keep your motivation high, constantly keep your 'WHY' in front of you.
- 3. Celebrate the small wins.** It's important to keep the big picture in front of you, but it's also crucial to celebrate the small wins. Remember, you climb a ladder one rung at a time. You're reaching your goal one step at a time. Celebrating the small wins will allow you to see the progress you're making and increase your motivation levels.
- 4. Act first, feel later.** One of the best ways to get your motivational juices flowing is to simply take action. If your goal is to read fifty books in one year, sit down and read a book for five minutes. If your goal is to pass your Exam, study for at least 30-mins (or longer) a day. It's common for motivation to follow action. Once you take the first step, you'll feel motivated to keep going.
- 5. Do visualisation exercises.** By visualising your goal, you bring the future into the present. As you visualise your achievements and all the benefits they will bring, you'll feel your present motivation skyrocketing. As you think about what it will be like to pass your exams with flying colours, the obstacles you're facing will melt into the background.
- 6. Break your big goal into small goals.** Depending on your ability to focus, it might be necessary to break up the goal into segments that last anywhere from one week to 12 weeks. This way your brain can experience success and logically see a positive long-term outcome. You'll procrastinate if the path looks too challenging.
- 7. Repeat affirmations daily.** Affirmations help you believe that you're going to achieve your goal. When you're feeling overwhelmed, burned out, or low on motivation, saying things like, "I AM on my way to achieving my goal (specify that goal)," can help you keep going.
- 8. Surround yourself with people (friends) who motivate you.** One of the most effective ways to boost your motivation is to surround yourself with other people who are motivated. If you're working for success in sport, spend time with other passionate players/participants. Nothing can bring you down quicker than an unsupportive friend. You need encouragement and support as you pursue your goals.

How to Reduce Procrastination



Procrastination isn't just a symptom; it's a condition. It tends to develop over time and can also lead to other issues. If you procrastinate, you may want to stop and ask yourself what exactly it is that you are "putting off" and if it is even worth it. If you accept that procrastination is more than just an annoyance, you can begin to deal with the habit and develop more effective ways to manage your time and thoughts.

BELIEVE IN YOURSELF

KEY POINT FOR MOTIVATION

Action Inspires Motivation

CORE MOTIVATION TIP



The biggest key to conquering procrastination is realising what you are doing when you procrastinate.

Some people ask themselves, "Why am I procrastinating?" Perhaps it's to make themselves feel like they're accomplishing something. Or maybe it's a coping mechanism, a way to divert attention from something unpleasant or painful.

CHECK OFF THE BREAKTHROUGHS FOR THIS SESSION!

- I am committed to Motivating myself
- I turn the 'I Should' into 'I MUST' and set a 'by when (deadline)'
- I take action to Inspire Motivation



WORK AS A FAMILY T.E.A.M. (TALK - EVALUATE - ARTICULATE - MOTIVATE)

Make some time to discuss the session and the 'Inspire Me' Newsletter with your Family and create the Team Support Dynamic that helps you achieve your highest goals, dreams and potential.