

10 STRATEGIES FOR MOTIVATION THAT WORK!

1. Set **goals**. Be sure they are realistic and achievable. Make them small to start.
2. Establish **rewards** for progress toward your goals.
3. Expect set-backs and when they happen, re-direct and renew your energy toward your goals. **Don't give up.**
4. Use the power of **positive thinking** and believe in yourself. Overcome discouragement.
5. Tell others what you are trying to accomplish and **seek support** from loved ones.
6. Learn to **say no** to options and distractions that deter you from your goal. Obstacles are what you see when you take your eyes off the goal.
7. Establish a habit of regular self-care. Try exercise, meditation, prayer or yoga, even if it is only 15 minutes a day to start. This will help you to **cultivate discipline.**
8. Use **positive imagery** to help you achieve your goals. Imagine yourself achieving your goal. Know what that will feel like.
9. Spend time **reflecting** or talking to others about what has stopped you from achieving your goals in the past.
10. **Post reminders or inspirational quotes** in prominent places about what you want to achieve.

