

## **7 TIPS ON GETTING MOTIVATED**

### **Lacking Motivation? Want to get rid of Procrastination?**

We are all masters at extraordinary things in our lives, including the decisions we make that work against us. Fortunately there are always choices and opportunities to turn any situation into an opportunity to get motivated and take action!

1. Make a list of 3 things you want to get done this week that you have been putting off. Write them down in order of priority.
2. Next to each point write a date and time that this task will be completed. Be realistic and fair to yourself.
3. Make a list of 3 things stopping you from getting this done. This is to do with you, not external factors such as money, time and other people. You are in control of your actions and if there is inaction it is because you have decided that there is. So, these 3 things will be something like "I am not looking forward to it", "I feel flat thinking about doing it", "it bores me" and no doubt there are plenty more reasons that you give yourself to remain in a state of inaction.
4. Once you have the list of 3 things stopping you, now make a list of 3 things that you can do to create action. This may be by taking baby steps in the completion of the task, or setting up a reward upon completion. It can be anything that makes you feel a little excited to see the task completed.
5. Now this is where the fun starts. Whilst a list is fun and gets us thinking about completing task it may still need that little bit more of a push. So, at the top of 3 things you want to complete write down the overall purpose. Why is it important to complete these tasks? This is the big picture view of what needs to happen to give you the results and rewards.
6. Once you have your purpose write down what this purpose will give you once you have fulfilled the steps and completed the tasks. Will it give you happiness? Will it give you relief? Be clear on this.
7. Now that you have all the tools, let's add the icing to these steps to really take it to the top. Think outside the square and create wording to assist you move forward, something along the lines of "*by completing this task I will fill my purpose which will give me X. In getting this I will get a better life and a life full of all the fantastic things I deserve*".

Every step we take; everything we do, no matter how big or small is all about giving ourselves a better life; a happier life. Often this is not only just for ourselves but also for those that are important to us in our lives. Consider through actioning these 7 steps you can become motivated about any task and ultimately provide you, your family and those important to you the quality of life that you want, know and deserve!

**Get Excited! Get Motivated! Take Action for You!**

**Want to take this to the next level – call us today: 0488 88 0077**