

Be at your Best with Janet Leung

How to get motivated!

My top 3 tips to get motivated are:

Number 1: Write a list of your goals and objectives that you want to achieve by a certain timeframe. Put that list of goals up where you can see it both easily and regularly; your subconscious mind will kick in and help you to do things that will help you to achieve those goals. If you have this list in view, it will amaze you how quickly you will work your way through your list. By simply writing down what you want to achieve alone will subconsciously commit you to achieving it. It's almost like making a silent deal with yourself but it is made public because you have written it and have put it up for all to see – it's almost like a public announcement that you will do these things!

Number 2: Make list of WHY you want that degree / project / goal and what you can do with it; put down as many points as can think of. Look at this list regularly too, as it will help to increase your motivation. One thing I am absolutely clear about with my clients is that when we are 100% positive about WHY we are doing a certain thing such as the benefits to us, then a natural strategy will follow. Everything we do will be to get to those benefits such as a new car, or to earn more money or to a get new job, which will also give you a more challenging role. Because we have discovered and remembered that there are those benefits to be had very very soon, will motivate us even more into getting those things done that appeared unpleasant before.

Number 3: Give yourself little rewards and treats ("If I finish reading up so-and-so, I will make myself a cup of coffee and sit and drink it"; "If I study until 9.30 pm I will then ring my best friend"; or when we make it to that milestone in the project we can all go out for dinner/drinks.) It is essential to reward ourselves and celebrate everytime we make progress! Hard work and commitment needs to be rewarded. We need to have fun as we achieve more, because isn't this why we do more? To get more out of life in order to have more fun, to have more time and to have whatever we want to!

By applying these simple motivation techniques you can fly through your list of 'want to do's' in no time, therefore giving you even more time to learn and achieve other things you've never even thought about!

Imagine a time in the future when you are writing lists, only to be scrubbing out tasks, as you finish and complete them. Notice how good it feels to do that and how much satisfaction you will feel as you watch everything around you change and improve with time. Imagine what others will be saying to you as you achieve so much and grow as a person and spend more quality time with them because everything that needs to be done – has been done!

For more information or to get help to achieve your personal goals, contact Janet on 0404 158 395 or send an email to janet@beatyourbest.com.au

www.beatyourbest.com.au