

# Motivating Yourself

Whether it's for losing weight, achieving better work-life balance, or being the best employee you can possibly be, motivation is the key to getting it done. It all starts with a single spark...

## 1. Let Go of the Past

Before you can create a better future, you must let go of the pains in your past. Failing once does not mean you will fail forever. Learn from your history, but don't let it stand as an obstacle between you and your dreams.

## 2. Remember Success

Just as important as learning from and overcoming past failure is recalling past success. It doesn't matter who you are, you have succeeded at something at sometime in your past. Don't gloss over these moments. Use them to remind you that you can in fact achieve your goals.

## 3. Realize the Possibilities

It's possible. The dreams you hold in your heart but push to the back of your mind are within your reach. Accept the fact that you can create a better life. This will serve as the springboard of belief you need to succeed.

## 4. Dream the Big Dream

In order for dreams and desires to inspire you to action and achievement, they need to be big. If you don't get excited about what you have planned for the future, you will never find the inspiration you need to change your life. Powerful dreams can move the soul, and when you dream the big dream, you will be driven to make the compelling picture a tangible reality.

## 5. Thinking Your Way to Change

No matter how bad you want it to happen, change will never result from thinking alone - you must take action. The world is swimming in dreamers, but only those who act on their desires achieve truly remarkable results.

## 6. A Daily Habit to Begin Today

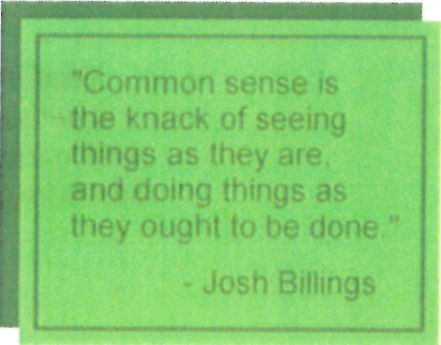
Set aside at least 30 minutes each night to review your day and plan for the next. It's a simple way to add an element of control to your life. Also, beginning this habit today will help tremendously when you begin to work toward your exciting and inspiring goals and dreams.

## 7. Mix It Up

The wrong routine can spell certain doom for your goals and dreams. To make sure this doesn't happen to you, add at least one new step to your daily routine to help break up the pattern. One new activity will set the stage for many more in the future, making it possible for you to break free of any negative routines.

## 8. A Team Sport

Don't go at this alone. Achieving a goal or dream requires a team effort. There will be times when you feel like giving up, when you feel like it's too much to take. One of the surest ways to overcome these small setbacks is to have the support and guidance of your goal partner.



"Common sense is the knack of seeing things as they are, and doing things as they ought to be done."

- Josh Billings

### 9. Get Excited About What's to Come

You are on your way to getting everything you have ever wanted! Now is the time to get excited and inspired about what your future holds. Imagine living your ideal life - now make it happen!

### 10. Raise Your Standards

It's time to raise your standards. It's time to expect more out of yourself than anyone else. Accept nothing less than your absolute best in all that you do and you'll have no problem creating your ideal life. After all, you'd expect nothing less than living the life of your dreams.

### 11. Take Ownership

Before positive changes can take place, you must take responsibility for your position in life. You are in control of your future and are the only one who can guarantee a better life. If you play the role of a victim, giving up control and ownership of your life, you will never enjoy the amazing opportunities that life offers to us all.

### 12. Write in a Journal

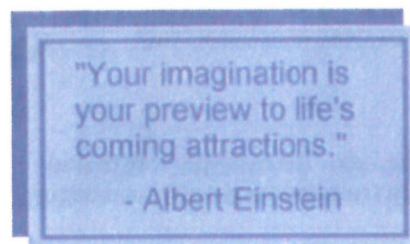
A million thoughts may rush through your mind each day, but if you do nothing to capture them, they often disappear as quickly as they came. Take time to write in a journal each week. This will not only help you overcome obstacles you are facing in your life but also help you discover what you really want.

### 13. Whom Do You Admire?

Make a list of at least three people that you admire. With your list in hand describe what it is that you most respect about each individual. Often pinpointing what we admire in others offers insight into what we wish to become ourselves.

### 14. The Moment

Remember a time when everything seemed to be going just right? When nothing could get you down? When you thought to yourself, 'This moment, right now, is what life is all about.' We all have moments in life when we feel we are at our best, but most people don't utilize them. Use the special moments in your life to bring to light goals and desires that are sure to fulfill your needs. Learning from and building on these times will help you create magic moments on a daily basis for the rest of your life.



### 15. A Friendly Brainstorming Session

Gather a group of your closest friends, the ones who know you better than anyone else, and use their knowledge about you and your life to help you brainstorm goal and dream ideas. They will likely offer ideas you never considered yourself.

For more tips, check out [www.Motivation123.com!](http://www.Motivation123.com!)

*Need an outside opinion? Give the EAP a call to get set up with some confidential counseling with a local therapist. You can contact us anytime at 1-800-543-5080 or via email, [info@mseap.com](mailto:info@mseap.com).*

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