

# 10 Ways to Get Motivated

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Are you feeling unmotivated and struggling to find the motivation to do something? It can be difficult to get yourself motivated when you are feeling overwhelmed. Fortunately, there are some personal development techniques that can help you get motivated and stay motivated.

It's critical to understand that motivation varies depending on what you value most and how you feel about a situation. For example, if you "hate" doing laundry, you'll be less motivated to do it; however, if you can see the value of doing laundry, you'll begin to enjoy it. Laundry is something I enjoy doing.

But where does this aversion to doing something stem from? Our motivation is influenced by our past experiences. For example, if our mother did our laundry until the age of 30, we may not be accustomed to doing it and it may become a chore.

On the other hand, as children, we would despise being forced to do everyone's laundry. Our previous experiences shape how we feel about something, and this influences our level of motivation. However, once we understand how motivation works, we can alter our feelings about something and thus increase our levels of motivation. Consider how you can benefit from using both intrinsic and extrinsic motivation.

**Intrinsic motivation** is the desire to learn and grow by trying new things. This is when you enjoy and are interested in the task. By activating positivity in the form of fascination and interest, you can generate intrinsic motivation. Simply becoming interested in the topic and task will suffice. Consider how you will benefit from it, what the advantages are, and how it will help you in the future.

**Extrinsic Motivation** can also be used by rewarding yourself with something outside of yourself. For example, to motivate yourself to go for a walk, you could walk to your favourite coffee shop and treat yourself when you arrive. Alternatively, if you want to

motivate yourself to exercise or get fit, you could reward yourself with a warm bath or professional massage at the end of a successful week of fitness.

**You have the power to motivate yourself to do anything.**

Identifying what we value most is one strategy for increasing motivation. We are naturally motivated when we are passionate about something.

Furthermore, we can use self-talk to persuade ourselves of the benefits of doing something, increase our fascination with completing a task or job, and train ourselves to always enjoy what we do. Actually, this is one of my favourite techniques. Cleaning the house can even bring me joy, so it is no longer a "burden" for me, and I am easily motivated to do it. Plus, I've discovered a quick and efficient way to do it, so it doesn't take long. ;)

When a person is highly motivated, they make wise decisions to take specific steps toward their goals. For example, when a committed energy healer commits to helping many people heal their lives, they naturally begin looking for resources and training to put their healing sessions online and reach a larger target market. They are ecstatic about making this change in their lives and so dive into the appropriate course with zeal.

We tend to have a natural interest in what we do when we are highly motivated; and if the natural interest isn't there to begin with, we can create one to keep ourselves motivated. We can look for ways to turn our weaknesses into strengths and are eager to move past setbacks and failures because we see these as ideal learning curves. And when we are highly motivated, we recognise that our actions have a positive impact... So continue forward.

Low motivation has the opposite effect of making us feel stuck and frustrated with what life has thrown at us.

Here are 10 ways to get motivated... these are simple ideas to help you get started but once you're on a roll with getting motivated write down some of your own.

### **1. Choose to Activate Positivity**

Activating positivity really has advantages. It's an instant way of motivating yourself. There are 10 forms of Positivity you can choose to activate to help you get motivated. When you shift yourself into positivity vibes it's an immediate uplifting feeling and when you feel good you automatically feel more motivated. Choose to step into a task with JOY for instance, or reward yourself with PEACE and SERENITY. There are many ways to use positivity to get motivated.

### **2. Realise it is a Path to Something Bigger**

If you believe in cosmic design then you know that everything we do has a purpose in our lives, even though we might not initially realise or see it. Your current situation is a step that you must take to get to the next level. You need to realise that how well you perform here will determine how well prepared you are for the next step and how soon you get there. Give it your whole and realise that it is just a gateway to something bigger. It's time for you to expand your life to better living and to live a life you love.

### **3. Create New Challenges**

Doing the same thing over and over and not trying to learn anything new is not only mundane, but it can slowly kill your enthusiasm for life. Create new challenges by looking at each day in a different way and trying to find ways to make it better than yesterday. This kind of challenge will kick start your brain and change your daily routine into something more productive.

### **4. Reward Yourself**

No matter how small they are, always reward yourself for any accomplishments. Whether you have finished a task early or have met your targets, always reward yourself. This will motivate you to keep achieving more, faster. It also feels good to get motivated – when you know there's a reward waiting for you.

### **5. Set Attainable Goals**

The more you attain your goals the more you will be motivated to work harder to achieve the next goal. Set goals that are attainable and keep going until you are done. Imagine for a moment that you've set a goal that seems like climbing an impossible mountain... you'd stop before long. If you know that you can work towards your goals in small steps it's a much more pleasant journey.

## **6. Get Inspired**

Investigating people who have already achieved what we want will provide us with more inspiration. We can see that they took specific steps to achieve success, and we realise that we can, too. Find books or YouTube videos about people who have done what you want to do and learn how they did it.

## **7. Know the Benefits**

No matter how awful you think a task is, it still has its advantages. If you're struggling to exercise, study or lose weight – the things you need to do to achieve these are worthwhile because of the end rewards. Think positive about the situation and soon you'll find things turning around for you. Please note: it is helpful to write down positive sayings and hang them on the wall to help you maintain positive thinking at first. Take some time to contemplate and reflect on what the benefits would be to you to achieve your goals. For instance, if you wanted to get motivated to GET FIT, exercise or lose weight or if you wanted to get motivated to study or clean the house.... Consider the end result if you achieved this. Write down at least 10 benefits and convince yourself with these benefits that it's worthwhile... and this in itself will increase your motivation.

## **8. Organise**

Every night half an hour or an hour before you go to bed write down a list of things you need to do the next day. This helps to organise your mind so it's nice and clear the next day. I used this strategy during my years at University when there was so much going on and many things had to be done the next day to stay on top of things. It was an easy way to keep myself motivated and on track.

## **9. Positive Self-Talk**

Have you ever noticed yourself thinking something negative? About yourself? Negative thinking lowers your self-esteem and motivation levels. Use THOUGHT AWARENESS to catch your negative thinking and instead inject regular Positive Self-Talk as a daily routine.

## **10. Spend time with People Who Have Similar Goals**

Hanging out with motivated, interesting people who have an upbeat way of being in the world or who have similar goals as yourself is an instant motivation booster. Choose certain people who motivate you in the areas you desire and get motivated.

On a scale of 1 to 10, with 10 being the highest chance, answer the following questions to reveal the BEST WAYS TO GET MOTIVATED – your personal style. These questions are based around getting fit and exercising, but if you have another goal please apply it to these questions instead.

1. If you were given \$100,000 to exercise every day for 1 hour a day for 6 months would you? Exercise every day without fail? Answer honestly.

1    2    3    4    5    6    7    8    9    10

2. If you found a fitness routine that you would love to do – as if you would leap out of bed excited to exercise kind of routine – how likely would you? Answer honestly.

1    2    3    4    5    6    7    8    9    10

3. If you had a FUN FRIEND to exercise with three times a week – would you attend exercise three times a week without fail? Answer honestly.

1    2    3    4    5    6    7    8    9    10

4. If you're daughter or other family member had a life threatening illness that could only be healed with exercise (heart problems or cancer) – would you be motivated to exercise daily with them? Answer honestly.

1    2    3    4    5    6    7    8    9    10

5. If you could walk or ride to work every day, and that new routine fit in well with your time constraints – would you? Answer honestly.

1    2    3    4    5    6    7    8    9    10

Now that you've reflected on the questions above what do you feel would be your BEST WAYS TO GET MOTIVATED to exercise?

1.

2.

3.

4.

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