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6 Simple Ways to Keep Motivation Going

So you got motivated recently. Maybe you saw an awesome speaker or got a stinging dose of honesty from a friend or family member. But initial motivation often fades...so here are a few ways to keep it going strong.

1. Remember the pain points.

In sales lingo, pain points are problems that come about when the solution being offered is not taken. Try to keep in mind all the things that could or will happen if you don't stay the course. For example, if you were once motivated to go running three times a week, think about what will happen if you don't give your heart the exercise it needs. What pain will you have if you don't run?

2. Don't play leapfrog.

Feelings of motivation can sometimes slip into the category of finding the next high. Instead of bouncing from goal to goal, make sure you finish what you start before getting motivated about something else. For example, if you really like language and made a goal for yourself to learn French, learn it before you switch to learning German, and then Italian, or whatever else.

3. Know Thyself.

When you try to accomplish goals other people set for you, your motivation can wane. Take a look at your goals and make sure they're goals you have for yourself...not goals other people want you to achieve. If they're not, you may want to set them aside and reassess where you're going.

4. Visualize.

Picturing the end result of your goal can go a long way towards continuing your motivation to succeed, and it has some seriously awesome side effects. The positive energy you build around imagery will affect you at a subconscious level, while the mental affirmation you can achieve will do loads for your self confidence, which will also help you stay the course.

5. Let go of stuff beyond your control.

When it comes to motivation, it can be easy to give up because things don't' go according to plan. Learn to let go of things beyond your control, otherwise they'll reduce your motivation to succeed.

6. Get organized.

If you want to stay motivated, you need to work a little bit to keep the motivation alive, otherwise it will just slip into the traffic stream of life's feelings that inevitably comes over everyone—just like happiness, sadness, or anger, motivation will just be another feeling unless you address it everyday. Put your goals on the calendar and make an action plan.

Kind regards,

Pamela