

April 2019

DID YOU KNOW??

HOW TO STAY MOTIVATED

MOST of us started the year motivated to meet new goals or renew old ones; but by this time we may have already lost our motivation to complete our goal(s). We will use this article to try to understand how we can stay motivated over the long run.

MOTIVATION is a powerful, yet tricky beast. Sometimes it is really easy to get motivated, and you find yourself wrapped up in a whirlwind of excitement. Other times, it is nearly impossible to figure out how to motivate yourself and you're trapped in a death spiral of procrastination.

EXPERTS believe rituals play an important part in staying motivated. For example, if every day before work you go the gym at the same time and complete your exercise program, you have set a schedule and are beginning to build a ritual. Following a consistent pattern and routine help keep you motivated.

THE KEY to any good ritual is that it removes the need to make a decision: What should I do first? When should I do this? How should I do this? Most people never get moving because they can't decide how to get started. You want starting a behavior to be automatic so you have the strength to finish it when it becomes difficult and challenging.

THE POWER of a ritual is that it makes starting your habits easier and that means following through on a consistent basis is easier.

SOME RITUALS THAT WILL HELP

- Exercise regularly
- Follow a ritual before you start your day
- Start each day stress free (meditation can be helpful)
- Have a power down routine before you go to sleep. This will help you sleep better.

