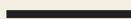
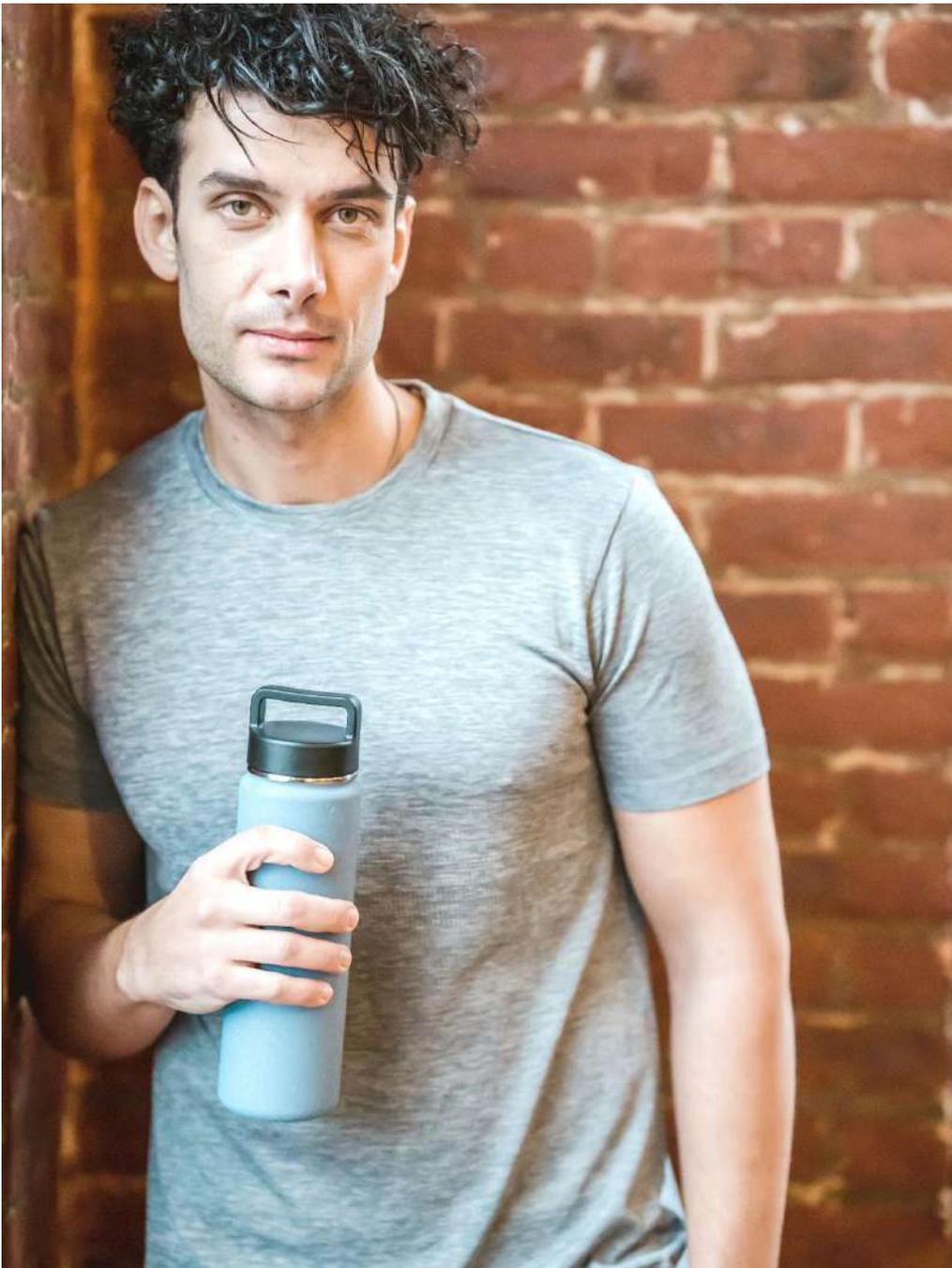




The 4 Best Ways to Get Motivated

A simple guide to trigger your motivation





One day we feel like we are on top of the world, and the motivation keeps coming. Other days we might find it impossible to motivate ourselves and feel trapped in a spinning wheel.

Motivation is a tricky and powerful thing. And if we learn how to master it – **It can bring so many beautiful things with it.**

In this motivation booster, you will find four ways to trigger your motivation in everyday life.



What Is Motivation?

We can say that motivation is the *driving force behind the actions* and your general willingness to do something.

For example, you want some fresh air which drives you to go outside. Or you feel thirsty, which makes you reach out for a bottle of water.

Let's now say you have a goal to lose 10kg/22lbs or run half a marathon. You need more than just the desire to do this. It would help if you had something that causes you to act and start, which **will keep you working** even when you face obstacles.

So, this is where we need to trigger our motivation.



The Four Best Ways to Get & Stay Motivated

A curious thing about motivation is that it often comes after you start taking action. So, not before, which many of us probably would prefer.

It is why we can't just sit around and wait for motivation to come to knock on the door because motivation is often the result of action and not its cause.

That's why **scheduling your motivation** is one of the best triggers.

#01 Schedule Your Motivation

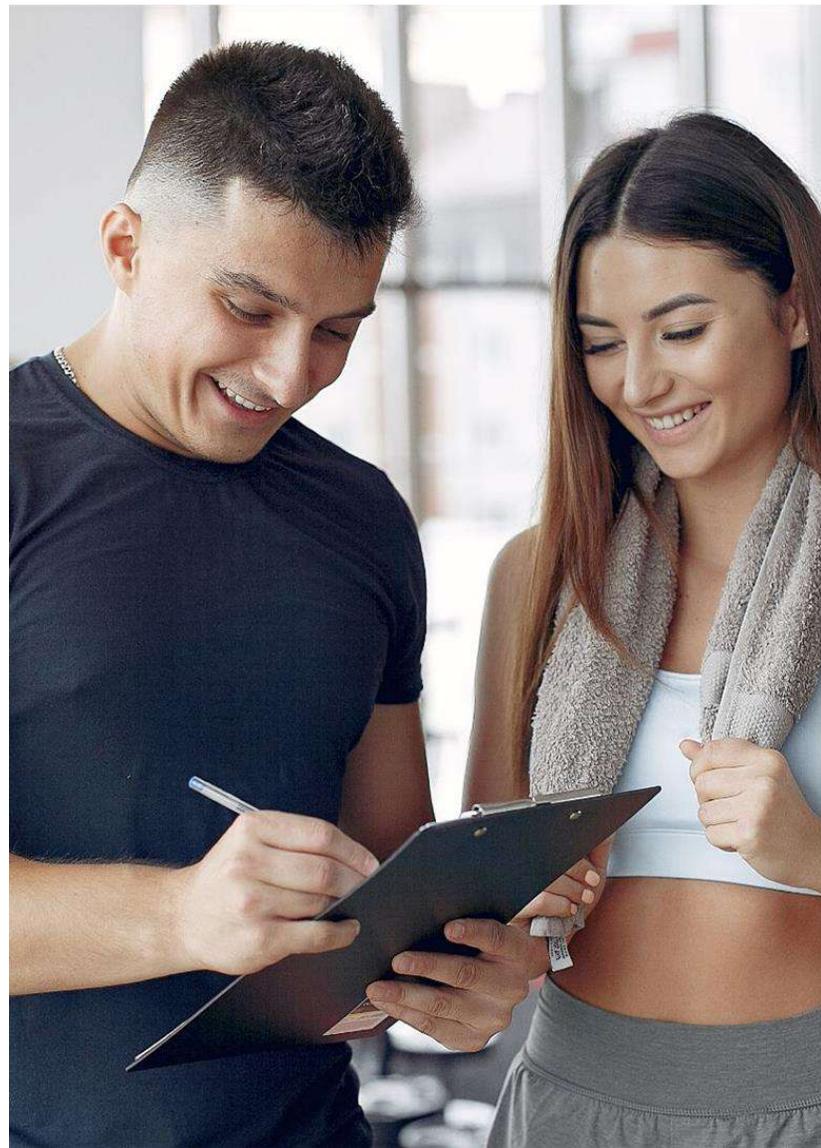
Scheduling is what the professionals do. For example, they plan and schedule when and how to prepare for an upcoming race or match.

You give your goals a time and a place to live by making a schedule. And it's much more likely that you follow through.

For example, if you want to eat more vegetables but don't feel motivated to buy and cook vegetables, a simple schedule will help.

1. Mark a day where you look up new recipes with vegetables.
2. Mark the days you need to shop for vegetables.
3. Mark the days where you want to include vegetables in your meals.
4. Hang the schedule on your fridge or where you quickly see it

Now you don't have to wait for motivation to strike. You have the motivation in front of you, so there is a much greater chance you follow the schedule.



#02

Start Your Motivation With A Ritual

A great way to start your motivation is to make a start-ritual. This ritual has to be so easy that you can't say no to it. Meaning you shouldn't need to be already motivated to start your ritual. It has to be so easy that you can do it at any time without problems.

For example, if you want to join a yoga class, your start-ritual could be preparing your yoga mat and clothes. Or, if you're going to go for a power walk, your start-ritual could be filling your bottle with water.

Both of these rituals are so easy to do, you can't say no.

You know now that motivation typically comes after starting. Therefore, your motivation ritual needs to be amazingly easy to begin. And once you have done your start-ritual, you will find it easier to sign up and drive to the gym to join that yoga class.



#03

Call Your Goal-Buddy

Some things are just more manageable when you are two.

When we have someone who believes in us and supports us, goals can be easier to achieve.

Find yourself a goal-buddy that has the same goal as you. Together you can set up days where you, for example, meditate together if your goal is to improve your memory and concentration. Maybe you arrange dinner dates where you share information and try out new recipes rich in protein because your goal is to enhance your knowledge about protein.

Having a goal-buddy keeps you accountable to your goals because they can encourage you during the process. And also, when you have someone that counts on you to meet them at 06.00 am in the gym, you are more likely to pack your training bag and go.



#04

Set A Reward

We all like rewards, and it is part of our nature to feel good after achieving something. And if we get a reward for doing it – well, then even better.

You can trigger your motivation by offering yourself a reward if you finish your task or goal. The prize can be anything, as long as you enjoy it and look forward to it.

Suppose your goal is to eat vegetables, but you find them very boring to eat. Then you can tell yourself:

"If I eat a portion of veggies for dinner two nights in a row, I will reward myself with one episode of my favorite series."

Or your goal is to start running, but you always find excuses not to do it. Then you can tell yourself. "If I run today after work, I will go check out that new exhibition downtown on Friday."

The reward itself is not the most crucial part here; it is what thinking of the reward does to your body.

"I want to go to the cinema and see that new movie, so I will make myself a healthy breakfast at home for the next four days instead of buying it at the gas station."

Thinking of the reward triggers your body to act, which starts your motivation.





A Final Boost

In the book **The War of Art**, the author Steven Pressfield writes,

"At some point, the pain of not doing it becomes greater than the pain of doing it."

It is easier to take action and feel awkward in the yoga class than to keep sitting feeling bad about yourself in front of the TV.

And it is easier to feel strange while eating your homemade vegetable soup at work than to feel disappointed while stepping on your weight scale.

So, don't think "I do it tomorrow" instead think "Finish-out today and quit tomorrow"

(But of course you don't quit tomorrow, because tomorrow you will think about the same line again).



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