

STAYING MOTIVATED TO ACHIEVE YOUR GOALS

To stay motivated in eager pursuit of your goals, I suggest two main strategies:

1. GET PUMPED ABOUT YOUR VISION!

As I have alluded to, your vision for the future should be something that excites you! You want it to inspire and motivate you to take daily actions in order to get there! One way to really feel it is to visualize the future you. Imagine how you will feel, where you will be, who you will be when you've reached your long-term goal (*or, the shorter term one along the way*).

Or, what would your future-self tell you? Imagine yourself in 20 years looking back and giving the present day you some wisdom. (*Here's a little secret – the wisdom is already inside of you! This just helps you channel it!*)

2. STAY IN TUNE WITH YOURSELF THROUGH REFLECTION

You can use reflection to track your progress and to keep your motivation up. Reflect on your progress, your successes, your low-points, and your thoughts and feelings along the way. Don't let a success or a set-back go by without some examination. (*The next part of this section provides a reflection template you can use every quarter to track your progress.*)

As this is a workbook, it clearly appeals to folks who are more inclined to reflect in written form. There are, however, lots of ways to reflect. The most important thing is to allow yourself the space to reflect – in whatever form makes most sense to you.

HERE ARE SOME MORE WAYS TO KEEP YOUR MOTIVATION UP:

- **CELEBRATE SUCCESSES**
Honor your big and small victories! They build your confidence and allow you to show yourself what you're capable of.
- **PRACTICE OVERALL WELLNESS**
If you are not sleeping enough, eating nutrients your body needs, developing positive relationships with others (*or, any number of additional indicators of overall wellness*), you won't be in a space to pursue your goals. Take care of yourself!
- **SUPPORT SYSTEM**
Surround yourself with people who will honor your dreams and plans and push you (*appropriately*) along the way as you work toward them.
- **BE GENTLE WITH YOURSELF**
You are not going to achieve every goal in the amount of time you've determined or in the way in which you set out. This is ok! Be gentle on yourself!