



THE SECRETS OF MOTIVATION PART 1

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- Table of Contents -

5 Success Strategies for Remaining Self-Motivated	4
5 Ways to Remain Self-Motivated After a Setback	6
5 Tips for Cultivating Self-Motivation	8
5 Secrets of Highly Self-Motivated People	10
3 Crazy-Simple Tactics to Keep Your Employees Self-Motivated	12

5 Success Strategies for Remaining Self-Motivated

One day, you're full of energy – ready to take on whatever the world throws your way. The next, you feel drained, and you're ready to give up. These ebbs and flows in motivation are normal. The good news is they are surmountable, so don't throw in the towel just yet. Here are 5 success strategies to help you remain self-motivated.

1) Figure Out Your Own Schedule

You are not expected to perform at your maximum potential every hour of the day. Humans aren't wired that way. Try to keep track of when you have the most energy in the day and when you're the most inspired to work hard. You're probably most motivated when you are communicating clearly and often, feeling extra creative, and working with purpose. Once you nail down this timeframe, use it to your advantage by taking on more work during these hours of the day.

2) Set Goals for Yourself

If you don't know which way you're going, it will be hard to know if you ever get there. Sounds confusing, but it's pretty simple. When you take time to set goals for yourself, you are making a promise to yourself and taking on a certain level of accountability. When you see yourself making progress towards a goal, it keeps you motivated to stay the course.

3) Keep Your Brain Working

Sometimes you get sucked into an assignment that feels mundane or menial, and all you want to do is quit. A likely explanation for this response is that your brain is getting bored because it doesn't feel like it's being stimulated. Avoid this by engaging your brain in exciting, challenging activities every once in a while.

Whether it's work-related, like taking a break for a creative brainstorm, or it's a 15-minute leisurely endeavor, like completing a crossword puzzle, engaging your brain equals self-motivation.

4) Consider Your Support Circle

Self-motivation is all about you, but that doesn't mean others never affect it. Your support circle will either empower you to stay on top of things or distract you. Pay attention to the people you spend time with and make sure they're encouraging you to hustle.

5) Think About the Big Picture

Spending hours on a boring assignment may begin to demotivate you, so put this to a stop as soon as you feel it happening. Zoom out for a second and think about the big picture. Think, "Why am I really doing this?" and remind yourself why you started in the first place.

5 Ways to Remain Self-Motivated After a Setback

You did it! You figured out how to be self-motivated. It was no small feat, but now you're done...right?

Not so fast. Just because you learned how to be motivated from within doesn't mean the chase is over, and you've won the game.

Just as life has its ebbs and flows, people have their own ups and downs. You may have a setback (or two or three), and in that case, you have no idea how your mindset could change.

That may sound daunting, but it's important to be realistic. If you've gotten this far as a self-motivated individual, you've likely had to be realistic with yourself in the past. It's not game over – you've just started a new level, a new phase of life that you'll have to conquer. Check out these 5 ways to keep up the self-motivation after facing a setback.

1) Redefine Your Approach

If you did the same things for your entire life and never made changes to your approaches, you probably wouldn't make much progress. When you feel like you hit a roadblock, view it as a chance to figure out a new way around it.

2) Spend Time with People Who Make You Feel Good

Not everyone makes you feel great. Whether it's a personality conflict or someone who brings you down, if you feel like you're leaving a social situation with more negative feelings than positive ones, it might be a good idea to check out of it altogether. Those people definitely won't lift you up and help you get back on your feet.

3) Give Yourself Some TLC

The first thing you may do when you experience a setback is to get angry with yourself. You may turn from self-motivated mode to self-deprecation mode in a matter of moments. Don't do that! Instead, remind yourself of all the great things you've done – all of your accomplishments and wonderful qualities. Give yourself a designated period of self-care, because as soon as you beat yourself up about something, it'll be much harder to get those inspiration levels back up later.

4) Reward Yourself at Least Once Daily

While you're indulging in self-care, be sure to do at least one positive, uplifting thing daily. That doesn't mean finishing a pint of ice cream or staying in bed all day. It means you should do something productive that makes you happy. Try taking a walk outside or cooking a healthy, delicious meal. Maybe you'd like to try out a new hobby or start going to the gym.

5) Let the Past be the Past

It's called the past for a reason. You could spend hours thinking about what happened before your setback and how you could have changed it. Hindsight is 20/20, so the only thing that will happen here is it will make you feel worse. Be confident in your decisions, and don't look back.

5 Tips for Cultivating Self-Motivation

You may love what you do, but continuously having the motivation to do it is a completely different thing. When things become repetitive, or you're having a hard time paying attention to your work, the only person who can truly motivate you is *you*.

Work ethic is closely tied to self-motivation; without it, you'd never be able to achieve lofty goals for yourself. Self-motivation takes practice, so here are a few tips to help you stay driven when you feel like you're stuck on the day-to-day responsibilities.

1) Exchange Your To-Do List for a Done List

To-do lists certainly keep people on top of their responsibilities, but sometimes it feels like you're suffocating under an endless pile of unchecked boxes. Every once in awhile, take some time to write down all of the things you've done – and keep this separate from the things you need to get done. It helps to have a visual representation of what you have accomplished thus far, and it helps you stay motivated to keep going.

2) Eat the Frog

Originally published in 2001, *Eat That Frog* is a self-help book that encourages readers to stop procrastinating and be more efficient with their time. It centers on “eating the frog” that you really don't want to eat – in other words, doing whatever you dread the most and getting it done earlier rather than later. In the context of self-motivation, it means telling yourself to stop juggling and multi-tasking and instead, focusing on one thing to allocate your time and energy toward.

3) Take a Break

You're telling me that taking breaks will motivate me to get more done? Yes and no. Remember: Self-motivation is not about getting as much done as possible. Rather, it is a form of encouragement and empowerment that you use for yourself to keep going on with your day. If you find yourself dealing with eyestrain from staring at the computer for too long or you're working so hard that you forget to eat, you're probably burning yourself out. That, in the long run, will dilute your sense of self-awareness, because you'll begin to associate your work with exhaustion – and then you'll never want to do it again!

4) Hit the Ground Running

Start your day doing something you like to do – something productive and fulfilling. That way, it's easier to keep up the momentum when you hit a less fun responsibility, like something administrative or repetitive.

5) Get Inspired

Although self-motivation comes from within, it is important to speak with people who are highly motivational or inspiring. It's not so much that they will boost your motivation, but they will remind you that you're not alone in this endeavor. Everything worthwhile in life takes work, and to achieve your goals, you'll need to constantly nurture that hardworking spirit within you.

5 Secrets of Highly Self-Motivated People

Do you ever see somebody and think, “That person is doing it right”? Well, chances are they have felt the same way about their own role models. This chain of inspiration goes on and on, passing from person to person and affording everyone the opportunity to learn and grow from others. When it comes to motivation, some people have a few tricks up their sleeves on how to stay inspired and driven in everything that they do. Without further ado, here are some bits of wisdom from some of the most self-motivated people out there.

1) Be Realistic

This may sound like a dream-crushing piece of advice, but it’s a critical step in the process of achieving your goals. Be realistic when you set goals for yourself. Otherwise, you’ll feel like you can never achieve them, which will lead to much less motivation.

2) Put the “Self” in Self-motivated

Yes, that means feeling like you’re being selfish sometimes. Don’t view it as a negative thing, though. Rather than calling it selfish, call it self-care. If we only focus on other people’s needs and goals, we can quickly lose motivation to achieve our own, often due to exhaustion. You deserve to follow your big dreams too. But you can only keep the motivation to reach them when you are taking good care of yourself.

3) Have a Contingency Plan

If you feel like you’re making great progress and then an external factor completely out of your control swoops in and changes your plans, you may lose the incentive to keep going – all at once. Don’t let this happen! Studies show that people who plan for obstacles are more inclined to stick to their goals. In other words, don’t let anything rain on your parade—it’s your parade, so you can manage the storms.

4) Remember Your “Why”

There’s a reason for your motives in the first place. They didn’t appear out of thin air. Some people go through the motions without remembering that there is a meaning and a purpose to your goals and responsibilities. For example, if you are trying to write every day because you want to be a better communicator, keep this in mind when you’re struggling with grammar. It’s an intrinsic motivator that will help you reach internally to pull out all the inspiration that you first started with.

5) Change Things Up

Even when you love what you’re doing, there will be times when your motivation drops. When that happens, it’s time to change things up a bit. It doesn’t need to be a huge change, like quitting your job. It can be simple changes, like rearranging your office, modifying your schedule, or engaging with new people at lunch. The expression, “A change is as good as a rest,” is indeed true!

3 Crazy-Simple Tactics to Keep Your Employees Self-Motivated

We live in an era where employee experience is valued more than ever. It's no surprise that employers are constantly innovating their approach to company culture and learning and professional development opportunities. One of the biggest investments a company can make is in its people. If your employees are unsatisfied or unmotivated, it affects every aspect of the company.

It's safe to say that every company should instill productive habits and strategies in its employees to make sure that the company is comprised of self-motivated, hard workers. The tactics are simple, so try not to overthink it. Here are 3 crazy simple tactics that will keep your employees self-motivated.

1) Recognition

How about a "thank you" or a team-wide email acknowledging the hard work someone did? According to a Work Human study, 79% of participants said that they work harder when they know there will be recognition and/or rewards. Motivation comes from within, but people find it discouraging if their efforts are never noticed – it makes them want to allocate their hard work elsewhere. It doesn't get much easier than this.

2) Create a Set of Values and Live by Them

A company is a team, so if you want all your employees playing on the same side, you need to make sure everyone is living the values, mission, and goals of your business. This will tap into individuals' intrinsic motivation because they will no longer be motivated by compensation or a fancy title. Instead, they'll be motivated by working for the greater good alongside their teammates.

3) Autonomy

Being micromanaging is never fun. It makes people feel like they're incapable or that their efforts will be corrected or unappreciated. This mentality leads people to the dreaded question, "Why should I work hard, anyway?" Your employees were picked for a reason – they impressed you, and you believe in them. Continue to assure them of this by giving them autonomy and high levels of responsibility. It will make them more motivated, and it will help you move your business forward.

There are tons of ways to keep your employees excited about going to work. It will vary from employee to employee, so it does involve a conscious group effort – but it's well worth it! Showing your employees that they're important will rid your company of negativity and project it in the right direction.

Motivation comes from within, so don't expect results on an individual basis within days or weeks. Your goal is to foster and encourage the self-motivation that your employees already have. After all, there's no "I" in "Team," but there is an "I" in "Motivation."