

50 SIMPLE MOTIVATION IDEAS



Here are just a few, simple ideas that can help you and your team get motivated.

1. WRITE YOUR STORY

Write down, in a paragraph or two, the story of your desired future. Write down what you'll be doing, where you'll be living, and the successes you'll be enjoying. This will be a motivator for you in both the immediate present and the future to come.

2. VISUALIZE INTO THE FUTURE

Close your eyes and see yourself doing whatever it is that you wish to be doing. If you want to get in shape, picture a slim, healthy you running or working out. If your dream is to start a small business, see yourself on opening day, greeting customers and employees.

3. VISUALIZE BACKWARDS

When you visualize backwards, you see where you were and how far you have come. If your goal was to get organized, and you have made enormous improvement in that area, visualize back to when things weren't going so well. This will keep you heading in the right direction.

4. DREAM BIG

When you think about your future, don't be afraid to dream big. This will make short-term failures easier to handle. When you hit an obstacle it won't stop you because your eyes are set on a bigger goal.

5. EDUCATE YOURSELF

Learn, read, talk about, listen, experience everything you can about your particular goal or dream. If you wish to be an author, you can take classes, read books, write, talk with other writers, join work-shops, etc.

6. GET ORGANIZED

A clean, tidy, and well-organized home, office, and life is a must for the motivated mind. Physical clutter can easily lead to mental clutter. Keep your life organized, and you will find more energy and clarity in every day.

7. PLACE MOTIVATORS IN YOUR HOME AND OFFICE

Place symbols, signs, notes, or objects that remind you of your goals and dreams in your home, office, car, wallet, planner, or calendar. These reminders will guarantee a constant stream of motivation.

8. VOLUNTEER

Volunteer your time to helping others. When you give of yourself you will realize how much you have in your own life, and how satisfying it is to make other people happy.

9. HELP OTHERS WITH MOTIVATION

Only when you teach others do you fully understand the subject at hand. Help your children get motivated, help your friends set effective goals, help your husband or wife achieve personal dreams.

10. SPEND TIME WITH CHILDREN

Spending time with children will put things in perspective for you. You may be stressed out from work and worried about getting everything done on time, but when you play with your kids the worries and stress seem to melt away. Children have a simple way of looking at things, and that is something we could all benefit from.

11. CREATE A BUDDY SYSTEM

Do you have a close friend who is trying to accomplish something? Is your wife or husband setting goals for improvement? If so, join them in a buddy system. You will each serve to motivate the other, offering words of encouragement and helpful reminders as you both progress towards your particular goals.

12. FIND A ROLE MODEL

Choose a role model to learn from. You won't have to reinvent the wheel when you can follow an exemplary example of someone you respect.

13. TAKE A WALK OR DRIVE

Take a walk around the block or a short drive through the neighborhood to relax, reflect, and enjoy some quiet time. We all need a break now and then, and a quick walk or drive is the perfect solution.

14. READ SUCCESS STORIES

Read the success stories of those around you. In the daily newspaper alone there are dozens of small success stories that can serve to motivate and inspire you to action. The library is filled with autobiographies and biographies of ordinary men

and women who have done extraordinary things.

15. LISTEN TO MUSIC

Music can calm, excite, sadden, and even motivate. Listening to Rocky's theme song while running is a great way to use music as a motivator. What's your motivating song?

16. WATCH MOTIVATING MOVIES

One reason people enjoy watching movies is because of the hero's tale. A young, unexpected hero is called to action. After struggling throughout the movie, he learns, grows, and is victorious in the end. This is motivation at its best. Make a list of movies that motivate you and build a small library to use as your motivation station.

17. READ MOTIVATIONAL QUOTATIONS

Located on the Internet and in books are thousands of quotations that inspire, motivate, and cause us all to think about our lives in a different way. Search the Internet for quotations and you will find millions of pages that match just what you are looking for.

18. CREATE A HEALTHY DIET

Energy is very important to living a happy life, but that is dependent on eating healthy. Be sure to create a healthy diet that includes all of the necessary nutrients, minerals, and vitamins for your system. Following the basic food table is a good guide for starters.

19. GET ENOUGH SLEEP

Some people can get by on six hours, while others require seven to eight. Regardless of what you need in sleep, make sure you get enough. A few nights in a row of only three or four hours a night will take its toll on your motivation, energy, and attitude.

20. NEVER STOP LEARNING

This is the most important lesson of all. Never stop learning about the world around you. Read, listen, and learn about the things that interest you. Instead of asking a question and being satisfied with an 'I don't know' answer, go out there and find the answer. Be curious.

Without goals, long-lasting changes are hard to make in life. Use the tips below to set effective and efficient goals.

21. USE GOALS IN YOUR LIFE

This is the most important tip about goals - use them! Without goals you will have a difficult time improving any area of your life. Leaving your future up to chance isn't a good way to get what you want. Make use of goals throughout your life and enjoy

the success and happiness they bring.

22. BRAINSTORM

Get out a clean sheet of paper and a pen. Sit in a quiet, well-lit area, and think, think, think. Write down any ideas that pop into your head. Financial goals, personal goals, relationship goals, health goals, etc. Write down every idea, and when you're finished you'll have more than enough goals to work with.

23. WRITE YOUR GOAL DOWN ON PAPER

Once you select a goal to work towards, write it out on paper. This makes it more tangible and concrete. A goal that is left to float around in your head may be forgotten before you have had a chance work on it.

24. MAKE YOUR GOAL SPECIFIC

Goals must be specific in order to be effective. Improving your relationship with your children is an important and worthwhile goal, but it may be too broad. Instead, your plan could include a play-day once a week, family dinner time each night from 6:00 to 7:00 and a game night once a week. This plan has a greater chance of success.

25. USE DEADLINES

Procrastination is deadly to your goals and objectives. A great way to leapfrog that problem is to give your goal a deadline. As with the goal itself, make your deadline specific.

26. USE A START DATE

Deadlines are very important to goal setting, but we can't forget about their counterpart - start dates. Once a goal is created you may have many reasons for putting it off. Give your goal a start date and stick to it.

27. MAKE YOUR GOALS CHALLENGING

In order for goals to be effective, they must be challenging. If your goal is too easy to achieve, your motivation and dedication will decrease. Your goals should make you reach and extend your current abilities and skills.

28. MAKE YOUR GOALS ACHIEVABLE

Setting a goal that is out of your reach completely will cause frustration, anger, and self-doubt. Be sure to set goals that challenge you, but are also reasonable.

29. MAKE A DETAILED PLAN OF ACTION

Create a detailed step-by-step plan of action for each part of your goal. One of the main reasons many goals are not accomplished is the lack of understanding of what needs to be done. Plan your work and work your plan.

30. DON'T OVERDO IT

Don't set too many goals at once. One to three is a good amount to start with.

Spreading yourself too thin will create a situation where no single goal will receive the attention it requires.

31. MEASURE YOUR PROGRESS

Measure your progress as you work on your goal. You may wish to write a 300 page novel. Don't set 300 pages as the only goal. Break it up into 25 - 50 page increments and keep a daily tally of the pages you complete. Measuring your progress keeps your motivation peaking during your goal's lifecycle.

32. WISH LIST

Make a list of ten things that you must do in life. Starting a business, running a marathon, visiting Europe, learning French, etc. Put the list in a drawer in your office or home.

33. QUICK REMINDERS

Post-it notes are a great tool to help you remember your daily tasks and goals. Just don't overdo it. You don't want so many notes taped to your computer screen that you can't read what's on it.

34. REWARD YOURSELF

Set a reward for yourself. If you accomplish a small step or your entire goal, celebrate. You've worked hard and you deserve it. Go out to dinner with your family, take a short vacation, or do anything else that makes you happy.

35. WIFM?

Why are you setting this goal? Write down 'What's In It For Me' for each one of your goals. You must be able to state clearly the reasons why you are setting this goal. If you cannot, delete the goal from your list and move to the next one. Attitude is everything. These tips will help you to create a winning attitude, and help others to do the same.

36. USE THE RIGHT WORDS

Use statements like, 'I have a positive attitude,' or 'We'll find a solution,' in daily conversation. The words you use on a daily basis have a major impact on your attitude and moods.

37. STRIVE FOR OPTIMISM

I have spoken with many people who see being a pessimist or an optimist as a 50/50 chance, believing one is just as good as the other. That is a trap! Having a positive attitude is something you should strive for. It isn't something you are or are not, it is something you can become.

38. WHAT COMPANY DO YOU KEEP?

Do your friends have negative attitudes? Does it rub off on you? Many times the company we keep can affect our attitudes. If your group at work or at home negatively affects your attitude, take the necessary steps to change the situation.

39. WHEN YOU KNOW YOU NEED A CHANGE

When you know you aren't happy, admit it to yourself and take action to reverse it. This is a very difficult thing to do, especially when you aren't in the mood to admit things to yourself. It may be hard, but it is worth it. When you are being negative, realize it and change it.

40. LISTEN TO WHAT OTHERS SAY

We may like to tell ourselves that we are positive people, but it's not always true. Listen to what your friends and family say about your attitude. They may say things that you don't want to hear, but sometimes the best changes in life come from constructive criticism.

41. LEARN WHAT MAKES YOU TICK

When you know what makes you upset, you will be able to avoid these situations and save yourself the tension and frustration they bring. If it is a situation that you cannot avoid, learn how to make the best of it.

42. WHAT MAKES YOU HAPPY?

This is vital to your attitude and mood. Your 'happy' buttons will serve to improve your attitude again and again. When I'm not in a good mood, I first ask myself if I have eaten that day. More often than not, after getting food into my system my attitude does a complete 180 degree turnaround.

43. GIVE YOURSELF A BREAK

Give yourself a quick time out now and then when you are becoming stressed or upset. Often a short break can help you to put things in perspective and return to the situation with a positive demeanor.

44. THINK TWICE BEFORE YOU ACT ONCE

Before you act, think about what your action with cause. If an employee does something wrong that negatively affects you, don't attack. Think about the best response. Only after you have done this twice should you take action.

45. REACT VS. RESPOND

These two words are the difference between a happy, enthusiastic, positive person and a sad, frustrated, negative person. When anything happens in life that affects you, both directly and indirectly, respond to the situation.

This means you think about it, use reason to find a solution, and take the appropriate measures. When you react, you skip the reasoning stage and do what comes naturally in the moment. This only serves to cause more problems and frustration. Respond, do not react.

46. APPRECIATE THE THINGS YOU HAVE

Look around you and learn to appreciate everything you have in your life. Your

friends, family, career, home, etc. This is enough to create a positive attitude because no matter how bad things get in life, we still must be thankful for everything we still have. Put things into perspective, and enjoy the good things in your life.

47. YOU DON'T ALWAYS HAVE TO BE HAPPY

Being in a down mood is okay, sometimes. You don't always have to be upbeat, excited, and outgoing. This could lead to burnout or a blow-up. There are days when things aren't going right, or we just feel a little out of it. These days are okay, and the problems will pass.

48. THINK ABOUT IT

Look at problems logically. When you let emotion take over, you may do things that made sense at the time but in the end weren't the best choices.

49. DON'T JOIN THE GOSSIP

Don't join in on the negative conversations around you. If you see a conversation heading towards that road, excuse yourself politely and leave.

50. START IN THE RIGHT DIRECTION

Wake up with a smile and with energy. You have a lot to accomplish and enjoy today. Life is short, and you are going to make the most of this day, and every day after that.

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