

7 ways to improve motivation

01 Develop a positive mental attitude

Companies pay millions to generate enthusiasm in their employees because they understand that motivated employees are productive employees. A positive mental attitude is the fuel you need for your fire. When you're optimistic you generate the energy and enthusiasm needed to bring your dream to reality. Find people that are energetic and enthusiastic and let their energy stoke your fire. Enthusiasm is contagious.

02 Remember why you picked your goals

Go back to what motivated you in the first place to embark on the goal. Do you still believe in it? You cannot be motivated about something you do not believe in. Evaluate if you were motivated by the right reasons. Sometimes we can get energised by a great speaker only to lose enthusiasm because we don't actually share their vision.

03 Acknowledge that motivation has limitations

Motivation can be limited or even destroyed if the integrity of a person, product or philosophy associated with your efforts is questionable to you. Your degree of motivation will only be as high as your opinion of your goal. Lack of faith in your goal will quench your desire to succeed and prevent your progress.

04 Appreciate the cycles of motivation

It's not always about outward results. Understand that there is a season and a time to everything. Give yourself permission to discern and appreciate your cycles of motivation.

05 Find the cause for your lack of motivation

Cause of lack of motivation can be found in physical, emotional, financial, mental and spiritual areas. As well as lack of family support. Look loosely and locate the cause. Once you find the cause, see what you can do to remove or reduce it.

06 Visualise the pain of failure and the rewards of accomplishment

07 Activate seven essential keys for maintaining motivation

- 1. Confirm that this is a goal you want to achieve*
 - 2. Focus on your goals*
 - 3. Renew your mind - keep listening to positive people, read positive books*
 - 4. Seek out the information that will help you reach your goal*
 - 5. Delegate tasks to help you*
 - 6. Associate with the right people. Build the right positive relationships*
 - 7. Talk victoriously, not as a victim*
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