

# LANDMARK LIFE COACHING

## TOP 5 WAYS TO GET MOTIVATED AND STAY MOTIVATED

We all desire to be motivated on a daily basis and stay that way. We find ourselves slipping into ruts that seem to last for periods of time. Motivation needs to come from within you. There are forces working against our motivation on a daily basis. If we let those forces change our focus and determine our outlook we will fail at being motivated and staying motivated.

1. **Create within you the desire to be and stay motivated.** Find something that you have a desire to achieve and make a commitment to yourself to do something every day to work towards that desire.
2. **Ignore the nay sayers.** Once you have that desire identified you will find that others will look for more reasons as to why it won't work, isn't right, you picked the wrong desire, you name it...you are doing this for you and you alone.
3. **Set aside time to meditate.** Bring meditation into your life and use it as a way to clear your mind and recharge your soul to continue pushing forward on those dreams and desires you want to achieve.
4. **Surround yourself with only positive people.** Positive people will encourage you, even motivate you more to keep pursuing your desires. Their positive energy will help feed your positive energy when you are feeling your level of motivation dropping.
5. **Allow yourself to take breaks.** You can only work hard and push forward for so long before you need a break to recharge and refocus your efforts, allow yourself that time.