



Lost your Motivation: Tips to get it back

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Have you lost your motivation? This could be motivation for your job, for your business, a hobby, or a project at home. Most of us go through periods when we lose our motivation. Things just get boring, or we get tired and fed up with life, and we find we are no longer so excited about activities that used to really get us going. So, if you are feeling jaded and just plain fed up at times, do not worry. Read on for some tips on how to get your mojo back to reach your goals.

1. **Remember the Why.** I have put this one first because I find it works well for me, as well as many of my clients. When you really start wondering why you are doing what you do, remind yourself of your “why”. Why did you decide to do this? When I am feeling a bit fed up and tired of work, I remind myself of why I started my business. I have a very clear mission statement and a very clear purpose, and when I go back and read them, I get reminded of why I started my business. I also get back the original excitement and energy and am ready to go forward with renewed motivation.
2. **Just start.** Nike has the slogan – “Just do it”. I don’t think people realise just how good this slogan is. Whatever it is that you are not motivated to do, just start it and commit to only ten minutes of activity. Once you have been busy for ten minutes you will want to carry on. Taking action is always good for motivating you. You may think that you need motivation to take action, however, just taking action can also get you motivated again. Don’t overthink the reasons for your lack of motivation, don’t over analyse what is going on with you, ignore your emotions, and just do it.
3. **Connect with your values.** Check whether what you want to do is in fact aligned with your values. One of the ways to do this is to ask yourself how inspiring your goal is. If it is in alignment with your values it will be quite inspiring. If your goal or an objective you want to achieve is out of alignment with your values it will be an uphill, and most probably losing battle, to achieve it. If your goal does not excite you, then don’t have it as a goal. Find something that you do want to achieve.

4. **Visualise having achieved your goal.** Visualisation, that is creating mental pictures of you in the finished state, is very powerful to produce peak performance as well as get you motivated. Imagine in your mind what you will feel like and what your life will be like once you have completed all your actions. Spend quite a few minutes each day doing this. For most people this can be a powerful motivator.
5. **Break tasks down into smaller actions.** If you feel overwhelmed by what lies ahead of you then break the task down into smaller tasks - mini-goals. Focus on each mini-goal. It is easy to be put off by something big that needs doing. A smaller task becomes something doable and so it is easier to get busy and do it.
6. **Monitor your progress.** One of the reasons most sports people (including their fans) are enthusiastic and energised on the sports field is because there is a scoreboard. The scoreboard keeps score and keeps ticking over. Monitoring how you are doing can keep you motivated to complete the next step. And then the next step. Seeing your progress on a day to day basis is good for motivating you to keep going. Human beings, seeing a score, can be quite motivated to better it.
7. **Make the actions you need to take fun and exciting.** There are many different ways to complete most tasks. You don't have to always follow the same path. Mix up tasks. Start with different tasks. Involve other people. Have a competition. Set a deadline date for when the goal must be reached. Play games with some of the tasks. Change the environment in which you do some tasks. Doing a task in a different or unusual way can make it much more interesting to complete.
8. **Celebrate your wins and how far you have come.** Don't wait until the end to recognise your accomplishments. People need quick wins. It keeps them motivated and enthusiastic. Every goal you try to achieve will have some very difficult stages you need to overcome. That is just life. If you wait too long before recognising some wins, you will lose motivation and enthusiasm for the goal. Celebrate milestones along the way. Recognise how far you have already come.

These above tips apply if you are a fairly healthy normal (whatever that is?) person who is just tired and worn out and fed up with the daily grind, and has lost enthusiasm for their goals. These ideas also work if you are feeling a bit overwhelmed with life and its challenges. They most probably won't work too well if you are ill.

If you are ill the only thing that is likely to restore your ability to motivate yourself is to get better. This is true for physical illnesses, and also true for mental illnesses. If you have a serious physical illness or are still recovering from a physical illness you probably need to rest rather than take lots of action. If you have a mental illness, especially depression, you will lack motivation to do anything and if your depression is severe nothing will motivate you to take action unless you sort out the depression first.

If you are a reasonably normal healthy human being, then it is quite possible that you will experience times when you battle to motivate yourself. Life being as challenging as it is, we all lose interest occasionally in what once excited us. However, pick some of the tips that would work for you from the above list if you are battling to motivate yourself, and start implementing them. After all, you don't want to have endless weeks of feeling stuck. You want to get your excitement and zest for achieving your goals back.