

# 18 *amazing* ways to stay motivated

1. Have a clearly defined goal.
2. Understand what the very first step you need to take to achieve your goal.
3. Have a timeline for achieving your goal.
4. Visualize yourself daily achieving your goal.
5. The best part about achieving a goal is how good you feel during the process.
6. Understand that literally no one is perfect and may have the odd day off.
7. Create subconscious visual cues to remind your brain (pictures, vision board, quotes).
8. Cross off each day that you complete your target.
9. Reward yourself for appropriate mini-goals.
10. Find an "opposite" for rewards.
11. Understand that being motivated is the accomplishment of lots of tiny mini-wins.
12. Seek out inspiration for what you are doing daily.
13. Write down all the things that will change in your life if you accomplish your goal.
14. Follow through on your commitments in all aspects of your life.
15. Be loud and proud about what you want to accomplish.
16. Don't underestimate how you can retrain your brain.
17. Always start small so that the mini-wins seem big.
18. Every single person who accomplishes something starts at the very beginning.