

# A Drive to Thrive

Motivation begins with you.



Following a few simple guidelines, you can learn how to get motivated, stay motivated and make progress toward achieving your goals.

There comes a time in all of our lives when we could use a little push, an extra dose of motivation to help us achieve our dreams. In our quest to succeed, however, many of us confuse a lack of motivation with a certain character flaw that limits our ability. We tell ourselves we can't achieve a certain goal because we are too shy or too afraid of failing. But in truth, motivation transcends both personality and emotion—it is simply the desire and willingness to achieve an objective. In other words, where there's a will, there's a way. Of course, there can be external factors that can impede

success. They may range from family obligations to unexpected financial losses. Others can relate strictly to our own choices, from failing at setting priorities and deadlines to disorganization and lack of focus.

**Fast fact:** According to a survey conducted by mygoals.com of 2007 New Year's Resolutions, the top five areas people wish to improve in their lives are: health and fitness; finance; personal growth; new interests; and career, education and training.

## **DON'T SET ABSOLUTE OBJECTIVES.**

Keep them realistic. For example, instead of saying you won't use your credit cards any more, resolve to use them less often.

## **SPREAD THE WORD.**

Tell someone you trust about your goals. Friends and family can gently nudge you in the right direction if you lose sight of your objectives.

## **GIVE YOUR GOALS MEANING.**

Your goals should be something you desire to change or achieve.

## **TAKE BABY STEPS.**

Don't try to run 10 miles or quit smoking with no preparation. Instead, take it one step at a time by joining a gym or a smoking cessation group.

## **AVOID PERFECTIONIST THINKING.**

If you fall short of your goals, try to think in positive terms. In other words, you might only lose five pounds instead of the 10 you had hoped for, but it's better than losing no weight at all.

## **VIEW SETBACKS AS LESSONS FOR GROWTH.**

Mistakes are opportunities for learning. If you fall short of your goals, ask yourself what kept you from achieving them and then try to make corrections.

## **KEEP PERSPECTIVE.**

It is important to keep one's life in balance. As you strive to achieve your goals, remember that exercise, relaxation and time spent outdoors will help you operate more effectively overall.





# Get Motivated. Stay Motivated.

## Write it down.

Write down a few objectives for the coming year in various parts of your life.

To stay motivated, get in the habit of writing things down. Not only will note-taking help you remember the details you must attend to in pursuit of your goals, it's also a tangible way of making those great ideas and aspirations more attainable.

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## Break it down.

List five tasks that you can do over the next 90 days to move towards your objective.

Life won't go according to plan unless you have decided what that plan is. Break your goals down into small achievable steps. Not only will you feel less overwhelmed, you will gain the confidence boost to continue to move forward when you start to see results.

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## Turn it down.

List ways you can better prioritize your life to make room to fulfill your goals.

Losing sight of the ball is a mistake many of us make. To achieve the goals that you are committing to, it is important to make the time to concentrate on them. It's easy to get side tracked. Being disciplined and focused are the essential keys for successfully achieving your goals.

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## Resources

### FranklinCovey®

[www.franklincovey.com](http://www.franklincovey.com)

Get training and consulting services and shop for organizational tools and supplies.

### PlanPlus Online™

[www.planplusonline.com](http://www.planplusonline.com)

Offers organizational tools for small businesses and professionals to manage their business online.

