

# HOW TO STAY MOTIVATED OVER THE LONG HAUL

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Many of us have difficulty staying motivated over a period of time. We set a goal and are filled with enthusiasm, but over time we lose our momentum. Here are some quick tips to help you stay motivated over the long haul and see your goals to completion.

The first step to staying motivated over the long haul is to acknowledge it when you have lost some of the motivation. If you don't feel like working on one of your goals, take note of it and see if it is a temporary phase, or you just don't want to work on it any more.

Next, assuming it is a long-term loss of interest, step back and ask yourself if the goal still makes sense for you. Many times something has changed in ourselves or the conditions around us that make the goal no longer worthwhile. Goals are like children's shoes; sometime we need a bigger or newer goal as we grow. Drop the goal entirely if it no longer works for you. It is not always laziness or some character fault of yours that makes you lose your motivation, many times there is a valid reason for your loss of motivation and you need to identify it.

Next look at some of the reasons you are not motivated to work on the goal. Have you had some setbacks you don't know how to overcome, do you need help or advice from someone else, have issues arisen you didn't plan on? List what is holding you up on your goal and the options you have to resolve them and then of course take action to get you back on course. Sometimes just listing the problem and the options to solve it will restore you sense of control and your motivation will return.

It always helps to remember the reason you set the goal in the first place. What was the payoff you wanted from achieving the goal? If you remind yourself of the payback you will get when the goal is completed, the day-to-day setbacks and frustrations will not bother you as much and you will stay motivated to accomplish the goal.

Keep your thoughts and talk positive when dealing with your goal. Add the work "yet" when describing the status of the goal, such as saying "I haven't completed it yet". This will keep your mind focused on accomplishing the goal. Focus on the positive side of what has been done so far and what will be done.

Visualization techniques in which you "see" the goal accomplished should be used periodically during the time you are working on the goal. Visualizing the completed goal lets your mind and body experience some of the enjoyment associated with the completed goal, prior to the actual completion, and is a very powerful motivator.

Lastly, go back to the goal and start taking action on it right now. Action causes momentum to build and helps you keep going on it. Give yourself credit for all that you have done so far and then go on and do more.

Staying motivated over time takes work just like everything in this world that is worthwhile. The payoff is a goal that is accomplished and the satisfaction that will stay with you much longer than the time you spent working on the goal.

Find more of Ed's tips on motivation and sign up for his FREE daily ezine at [www.brightmoment.com](http://www.brightmoment.com).