

24 WAYS TO MOTIVATE YOURSELF

- Put your plans on paper. Spell out your goals and ways to reach them.
- Be specific. The advice you give yourself must be such that you can put it into practice.
- Break the task down into small pieces so that you can handle them easily.
- Establish checkpoints on your progress as well as rewards.
- Remind yourself of the benefits you expect from your tasks completion.
- Avoid temptations and circumstances that might sidetrack you.
- Recognize your limitations. Don't set unrealistic goals.
- Take advantage of your own energy peaks!
- Use negative motivation. Remind yourself of the consequences of inaction.
- Keep a time-control budget. Don't let one task take control over others.
- Set deadlines and hold yourself to them.
- Make an honest distinction between "I can't" and "I don't want to".
- Get started now. Don't stall.
- Improve your self-persuasion ability. Learn the difference between reasoning and rationalizing.
- Be optimistic. Your chances for success will increase.
- Decide how you want to start, what needs to be done first.
- Read, especially literature related to your situation.
- Use self-signaling devices – notes, signs, cues, reminders.
- Promise yourself rewards.
- Use the stimulation provided by good news to do extra work.
- Recognize conflicts and make a choice.
- Give yourself the right to make mistakes. No one is perfect.
- Exercise your sense of humor. Laughter indicates a realistic point of view.