

# Motivation

*What motivates you? What would you do even if you were not paid?*

Think about a time you were tired, very tired. Then, something came along you liked, and off you went enjoying that something and you forgot you were tired. It might have been going out with friends, or working on a hobby.

Motivation makes the difference. Motivation gives us the power and strength to go, do, and be. With motivation we can accomplish most any task with excitement.

Olympic athletes are motivated by the vision of an Olympic medal. They train for years for the opportunity to achieve the medal. The medal is a strong enough motivation for many to keep them going and doing for years. If not, they'll never make it.

We are more than half way through the year. How are you doing on your goals? For most, not well. Many goals sit on the paper, if written at all, waiting for the right time to start them, when you have time to get around to them. But you are aware of them, and it is a mild frustration you have not accomplished or started them.

The problem? Motivation is the problem. The answer to the problem is in the problem itself. If we have a problem, we actually have the answer to the problem.

If there is no motivation for the goal, it is not likely to be accomplished.

For example, losing weight is a common goal. The problem is we look at eating less and eating things we don't like and not enjoying those things we do like. Often a diet is negative, and we are going without things we want and enjoy.

Rather than lack, let's look at the positive side. Why do you want to lose weight? If it is to look good, to have more energy, and to fit into your

clothes, then those are the motivating factors. When tempted to eat too much or the wrong things, focus on the good feeling of looking good, having more energy, and fitting into your clothes. Then, eating the right things becomes easier.

Once you focus on the reasons why, and the stronger the reasons, the more motivation there is. Progress will motivate you to further progress. As people start to notice, you are motivated to continue. It's that simple.

If you have one or more goals you have yet to start or to achieve, it's time to review them. Are they goals? Do you truly want to do them? Is there any motivation for doing them? Is the motivation strong enough to spur you to a new habit, new action? If not, then forget the goal. There is no value in having a goal that does not have the motivation for you to make the effort necessary. Be honest with yourself.

To achieve a goal you have to truly want it and be motivated to accomplish it. Some call it a burning desire.

It is not likely you will achieve a goal another person sets for you. If it is their goal, their goal for you, and not your goal, there is little motivation for you to accomplish it. It should be no surprise when you don't accomplish a goal set by another person for you.

Review your goals and the reasons they are goals. Focus on the reasons why they are goals, the motivation to do them. If the motivation is strong, start today on the goal focusing on the motivation and the benefit of accomplishment. You'll be glad you did.