

7

WAYS TO IGNITE YOUR SELF-MOTIVATION TO GET STARTED



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Introduction

Packing is one of the most boring tasks I have ever had to do, especially when I am packing for a trip I don't want to take (work trips, conventions, etc). However, packing for a vacation to Thailand is another story. It suddenly becomes the most exciting task in the world! Can you guess why? The simple 1 word answer is: MOTIVATION. Starting something new sucks. Whether it's a new project at work, a new "diet" for a new year's resolution *wink wink*, or any other life change - we often feel demotivated before we've even started. We drag our feet, procrastinate, and just seem to take ages to get the ball rolling.

It's not because we're not excited about the task at hand or aren't dedicated. We are just dreading GETTING STARTED....that is always the struggle.

If this sounds like you, join the club! This is a common reaction that many people have when they are about to embark on a new endeavor. Have you ever wondered why you struggle to feel motivated? Let's explore your thought process... You dread that slow, tedious start of having to get the ball rolling until you finally get to the final parts. You dread the struggle of having to get the hang of things, the inevitable mistakes, false starts, and adapting to a new environment or learning new skills. Amazingly, once you get into the heart of things, you become a different person! You're fired up, motivated, and eager to achieve brilliant results. It's too bad you couldn't get off to the same running start, isn't it?

What this book offers

This ebook will show you how to jump into EVERY new project with excitement and motivation...AND how to maintain that excitement throughout the process. You will also learn how to kick-start any new endeavor with a bang that will save you loads of time and stress. The 7 methods are simple, straightforward, and geared primarily toward transforming your thought process.

If you struggle with igniting your self-motivation to get started on something, it's time to change that today! Prepare to be surprised as every new start becomes as exciting and motivating as packing for a trip to Thailand!

7 Ways to Ignite Your Self-motivation to get Started

These 7 strategies will help you create a mind shift that will ignite your motivation during the first stages of a task or project and help you get off to a flying start. Better yet, they'll keep you motivated and excited throughout even in the face of setbacks or if things slow down.

Strategy #1 - Get Started ASAP

Sitting down to tackle a boring task or laying out a plan for a project is something we often dread having to do. We know it must be done, but we just can't find the motivation to get started. We usually start with fits and spurts, taking frequent breaks, and allowing ourselves to get distracted.

While there is no magic strategy for overcoming this, I can tell you that the best advice is to just get started. Get the ball rolling ASAP! Rather than dip your toes in, jump in with both feet!

The 'Do Something' principle

This principle states that action is not only the result of motivation but the cause of it. We often think that action is caused by inspiration, which leads to motivation, which leads to action. However, the reality is that action PRECEDES motivation, which leads to inspiration, which leads to more motivation and more action, and so on. It's becomes an endless loop.

Therefore, the best way to start is to just do it! Muster up the willpower to start and harness the inspiration and motivation from that first step to take further action.

Useful tips for taking action:

Start with willpower. It can be tough but there's no other way!

Stay focused on the present moment and on what you're doing.

Don't allow negative thoughts to creep in. Dismiss them and bring your focus back to the present.

Eliminate distractions (unplug social media, turn off your phone, avoid places that you know disturb your focus).

Set a deadline for when you plan to finish the 'getting started' phase and the transition to the 'real work' phase will begin.

Action step: Put the 'Do Something' principle into action to get the ball rolling! Use the tips above to help you roll up your sleeves and take action.

Strategy #2 - Plan well

Once you've made the commitment to get the ball rolling, the next step is to create a plan. A well-thought-out plan will ignite the first spark of motivation by laying out the bigger picture and making goals more tangible and achievable.



Planning fires up the thought process and creative faculty as you reflect on **WHAT** needs to be done, **HOW** it needs to be done, and **WHEN** it needs to be done. All of this goes into your plan in the form of goals, milestones, deadlines, and expected outcomes. When you look at your finished plan and see how your goals will culminate in a brilliant achievement or successful outcome, you can't help but feel motivated and excited.

The 6 rules of great planning

Smart planning is a skill that you need to develop.

Follow these 6 rules to plan efficiently & smartly every time.

1. Put it in writing

Always put your plan in writing using a notebook or Word document. Being able to visually see the big picture and the related goals is important for stimulating your mind and motivating you to get started.

Keep it simple and clear, with headings, subheadings, and bullet points, and finish by stating the intended outcome clearly. You can add to your plan as you go along and as the picture becomes clearer but for starters, keep it simple. A long elaborate plan can look too intimidating and can sap your motivation rather than ignite it.

2. Identify the outcome

Clearly state the intended final goal or outcome. For example, completing the first draft of a book or article, completing a sales presentation, or thoroughly decluttering your home. Write down the desired outcome in one brief, clear sentence.

3. Identify priorities

Determining the necessary resources, collecting critical information, and scheduling tasks are examples of priorities that eliminate false starts and delays. List the two or three main priorities of your task or project that you need to tackle first.

4. Create goals

Depending on the size of the task or project, you may have one or more goals. Identify your goals and briefly list the tools or steps required to achieve each one. To avoid confusion, limit yourself to 1-4 goals and proceed with those.

5. Create milestones

For bigger projects, you should list milestones under each goal. In other words, you break down big goals into smaller steps that allow you to accomplish a goal in stages and also track your progress as you complete each milestone. This is extremely effective at maintaining your confidence and momentum.

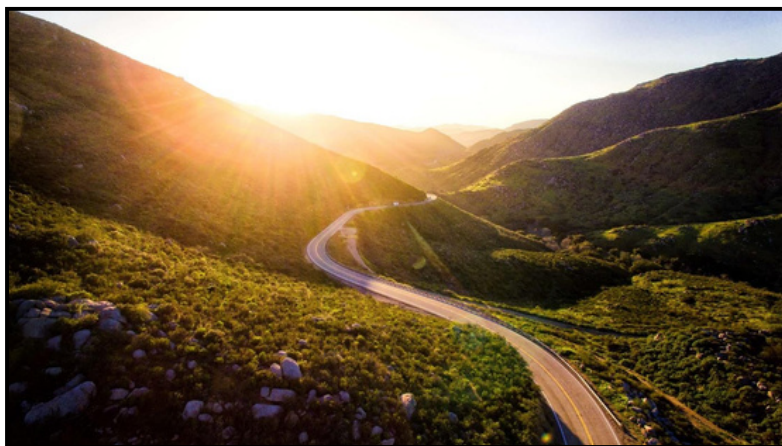
6. Set timeframes

Ideally, you should have timeframes for each goal or milestone as well as an intended final deadline. These can be set loosely but if there's a non-negotiable final deadline, be sure you stick to that!

Action step: Create an efficient plan for your project or activity by using the 6 basic rules of great planning. Once you get started, revisit it regularly to assess your progress and see whether you're on track with your goals or whether modifications are required.

Strategy #3 - Understand Journey vs. Destination

We increasingly hear of successful people feeling disillusioned and unfulfilled despite their continuous achievements and successes. Productivity and self-improvement experts are finding that this is because many people focus on the destination rather than on the journey. Destination in this context means the final goal or outcome, whereas journey is the process of achieving that goal or outcome. Being able to enjoy the journey is crucial for fulfillment, happiness, and motivation.



When you learn to see every project that you engage in as a journey, your whole outlook changes. It's guaranteed to fire up your motivation to start, find ways to enjoy the process, and stay motivated throughout. Some journeys are longer, such as those related to your life goals and big dreams. Some journeys are shorter-term, for example, graduating from college or making a career choice. Other journeys are short and can include things like buying a house or moving to a new city. Even mundane tasks are mini journeys that you can learn to enjoy.

Focusing on the journey rather than the destination enriches your life immensely. It is critical to develop this mindset and it's guaranteed to change your whole perspective and the way you approach starting future projects.

Tips for helping you enjoy the journey.

1. Find the purpose

Recognizing the purpose of what you're doing can instantly boost your motivation to start even the most boring and dreaded tasks. For example, trying to lose 15lbs isn't anyone's favorite chore. However, when you tell yourself that the purpose is to improve your quality of life, your health and provide an example for your family, the task gains importance and even becomes a labor of love rather than a dreaded chore.

2. See the bigger picture

Look beyond the starting point and see the bigger picture of what you're about to do. How will this help or benefit you personally? How will it help or benefit others? Where does it fit into the bigger picture of your family life, organization, career, etc.?

When you reflect on the bigger picture, you learn to see that even the smallest tasks have an impact, and hence, you become more motivated to start.

3. Be creative

Let's face it. Try as we might, some tasks and activities are just impossible to get excited about. Even so, they're still mini journeys that you can learn

to enjoy by unleashing your creativity. Look for new ways to do things or new places to do them. Consider digital tools or learn new skills to do things better, or even just mix up the order of steps. This will bring a level of enjoyment to most tasks and give you more motivation.

4. Look beyond the destination

Train your mind to look beyond the destination and ask, 'what's next?' Reflect on opportunities that can open to you once you've reached your destination. This helps you see that life is ultimately a never-ending journey that consists of a series of smaller journeys. There's always something new beyond every destination!

Action steps

Start developing the 'journey over destination' mindset by practicing the tips presented above to begin transforming your perspective. This mindset will serve you brilliantly in everything that you do in any area of your life.

Strategy #4 - Visualize the fun parts

Every task or project has fun parts that we look forward to. They can be parts that challenge our critical thinking or problem-solving skills or things that speak to our personal preferences or special skills. Of course, this is different for everybody. You can motivate yourself to get started by visualizing these fun parts and how you can't wait to immerse yourself in them.

For some people, the fun part may be a tough workout while for others, shopping for a DIY home improvement project is what excites them. Some people

prefer parts that require special tech skills while others look forward to parts that require creating charts and diagrams.

When starting something, visualize the fun parts that speak to you. Imagine that the task or project is fully underway and that you're now thoroughly enjoying what you love to do.

Here are some useful pointers for visualization:

Take your time. Sit down in a quiet spot, close your eyes, and visualize that things are underway and going great.

See yourself in control, proactive and purposeful, fully engaged and immersed in what you're doing.

Be as vivid and specific as possible.

Visualize people who are with you and the conversations you're having.

Imagine the amazing sense of achievement.

Spend 3-4 minutes visualizing to flood your brain with feel-good chemicals. This will fire up your passion and motivation to get started!

Keep that visual top of mind as you progress to keep you excited and focused.

Be diligent. Don't let your eagerness for the fun parts make you rush through other less exciting steps. Be patient and responsible and make sure that you do everything with diligence and integrity.

Action steps: Visualize the parts that you look forward to and fire yourself up using the tips suggested above.

Strategy #5 - Avoid Everything Negative

Nothing kills motivation more than the negative inner voice that shows up when we are trying to accomplish something. While you may not be conscious of it, the inner commentary continues to run inside your head, sapping your motivation and even your confidence in being able to get something done.

Listen for the inner voice saying things like:

"How will I ever get this done? This is impossible!"

"Where do I start? I can't do this!"

It's not hard to see how negative self-talk can fill you with self-doubt and be a demotivator.

Unfortunately, your inner critic isn't the only thing that impacts your motivation. Negative people, fears, insecurities, and even negative surroundings can all impact your ability to get started with purpose and motivation. They're factors that can impact your overall productivity and efficiency.

Eliminate all that's negative by first recognizing your negativity triggers and staying alert to them. Next, consider the following suggestions to help you get off to a positive start.

• Dismiss negative self-talk

You can program your brain to dismiss negative self-talk automatically and replace it with affirming and empowering thoughts. Just focus on your thought process and when you catch yourself thinking negatively, simply dismiss the thought and replace it. For example, say you catch yourself thinking, "I'm not cut out for this! I'm going to do a terrible job."

Dismiss the thought and immediately replace it with something like, "I'm

more than capable and I believe in myself. I can do this and do it brilliantly."

This exercise may sound too good to be true but it works. The more you practice, the faster your brain starts rewiring itself so that you no longer need to do it consciously. Your brain will automatically kill the negative thoughts and replace them with positive ones!

- **Eliminate fear with good planning**

Fear is one of the biggest factors that holds us back in our lives, especially when we're starting something new. Fear of failure and fear of risk are the two biggies that can cause you to hesitate and procrastinate forever. By planning well, you can quickly eliminate your fears and boost your confidence. All you need to do is honestly assess the possibility of failure (sometimes we tend to greatly exaggerate) and have a backup plan for getting back on track. You can plan for risk in the same way with risk management plan. Factoring your fears into your plan gives you immense mental security because you have your back covered. You can proceed with purpose and confidence because you've confronted your fears and planned for them.

- **Reflect on your special skills**

Oftentimes, we struggle with self-doubt because we feel we lack the skill or knowledge to do something. When self-doubt holds you back from starting, don't dwell on your shortcomings but instead, reflect on all your special skills and talents. Recall how they've served you well in the past and how you can use them to your advantage in your current endeavor.

- **Surround yourself with positive people**

The last thing you need is someone who criticizes and brings you down before you've even started. Cynical, overly critical people are the last thing you need in your life, period! Being around toxic people can sap your energy and drive like nothing else. We all know that many human traits are 'contagious' and can wear off on others. That's why hanging out with positive, upbeat, and passionate people will make you positive upbeat and passionate as well!

- **Declutter your physical environment**

A negative environment is one that's cluttered, messy, noisy, and filled with potential disruptions and distractions. When you need to sit down and start planning, your environment needs to be not only inviting and conducive to focus and concentration. The next time you want to start something, make a quick assessment of your environment to see if any of the above-mentioned negative impacts need to be eliminated.

Action steps: Identify the negative influences in your life and use the suggestions presented above to eliminate them.

Strategy #6 - Use Motivational Aids

Motivational aids are small tricks and tweaks that you can incorporate into your starting process. They're simple, fun, and cost nothing but can be just what you need to spike your motivation. Experiment with the following motivational aids to see which works for you. You can also come up with personal tips and ideas and try those out as well.

- **Listen to music**

Many people find music inspiring and motivating. They report that they focus better and work more efficiently while listening to their favorite music when working or studying. You can create a playlist of your favorite tunes and see if it puts you in the mood to get started. If it does, then you've found your ideal motivational aid!

Recordings of nature sounds, hymns, Buddhist mantras, or inspirational messages also fall into this category. You might find it interesting to try some of these as well.

- **Get organized**

While you may not notice or mind clutter and mess, your brain does mind. Mess and clutter drain your brainpower and make it difficult to focus, much less ignite motivation. A tidy workplace could therefore solve the problem. Prior to starting something, organize your immediate workspace or work surface neatly. Lay out everything that you need in front of you for easy access and clear away everything you won't be using. Simply looking at your tidy, organized work surface can motivate you visually, and in turn, mentally.

- **Take a brisk walk**

5 minutes of brisk walking or any other vigorous exercise is a big energy and positivity booster. You'll feel so invigorated afterward that getting started will be the easiest thing in the world. If you're unable to get outside, you can clear your mind and fuel your energy with loads of other options. Running in place, doing jumping jacks or push-ups, or dancing for 5 minutes are some examples.

- **Use a fun app**

There are dozens of free or inexpensive apps that can make any task fun and enjoyable. There are apps for time management, scheduling, planning, to-do lists, and even meal planning. This is in addition to apps with motivational music tracks and affirmations. Spend a fun hour at the app store checking out some of these different apps and their cool features and see if any of them appeal to you.

- **Get some cool supplies**

This isn't as silly as it sounds. Cool-looking tools and supplies aren't just for kids. They can speak to your inner child and spike motivation as well. Depending on the task at hand, colored pens and markers, cute workout clothes, unique notebooks, and other tools can nudge you into getting motivated.

- **Watch a video**

This is a useful tip for starting something completely new to you and feeling a little overwhelmed. It could be something that requires a skillset you're unfamiliar with or simply a big project with multiple phases or steps. It's a good bet that whatever it is you're starting you'll find a related instructional video for it on YouTube.

Watching an instructional video can help you organize your thoughts better, zoom in on the specific skills required, and arm you with some cool tips and advice.

Action steps: Play around with the motivational aids suggested above and choose the ones that give you a positive perk. You may find that more than one – or even all of them - are helpful. In this case, you can use several at one time when starting a new project.

Strategy #7 - Reward Yourself

Remember that bowl of lollipops your pediatrician had in his examination room? After the visit was over, he'd ask you to choose a lollipop in your favorite color. The anticipation of the reward certainly made visiting the doctor less of a dreaded experience! Likewise, when the school teacher announced that the student who wrote the best essay would get a fun prize, what happened? Suddenly, you couldn't wait to rush home and start working on that essay!

In a nutshell, rewards are massively motivating, and not only for children. As adults, the anticipation of a reward or prize fuels our competitive instinct and fires up our motivation. So, why not use the same strategy to get started - by rewarding yourself?

Fun suggestions for rewarding yourself

Don't go overboard! Decide on what your reward will be for starting and making the transition into the real work phase. The key is to keep the reward small and realistic and not 'over-motivate' yourself with something you can't fulfill. A good example is an item of clothing; a book you've been wanting to read or a meal at your favorite restaurant.

Distribute rewards across the duration of the project to stay motivated throughout. Perhaps not for every single step or goal but for specific milestones that you feel are worth celebrating.

Save the biggest reward for the end! Depending on the size or length of the project, decide on a final big reward to celebrate your success. When you're looking forward to a holiday at the seaside or a day at the spa, that final reward will keep you working at your peak.

Stay accountable to yourself. While you should celebrate your achievements with rewards, you also need to be completely honest

with yourself and hold yourself accountable for errors and delays. For example, if something must be redone or a milestone isn't met on time, perhaps a reward isn't well-deserved.

At the end of the day, you're the best judge of that. Holding yourself accountable in this way keeps you from getting lax and propels you to work at your peak – and makes success that much sweeter!

Action steps: Make a list of rewards beginning with the first reward for starting. Decide how you want to distribute the rewards depending on the length of the task or project. Of course, don't forget your big final reward for completing an outstanding job!

Conclusion

The bottom line is this: The secret to getting started is great motivation. Being able to jump right into something with purpose and drive isn't only a huge time-saver but a big stress-reducer as well. You owe it to yourself not only to achieve successful, brilliant outcomes but to also make successful, brilliant starts to all that you do.

Look at how these 7 steps all work together to ignite your purpose and motivation. Over time, making a start will cease to be a struggle. The more you practice, the stronger your 'purposeful start' mindset will get until finally it becomes second nature to you.

So, what are you waiting for? Transforming your productivity has never been simpler. Start practicing these 7 steps and change your approach to starting things forever!

**Want To Learn How To Get Unstuck When
Getting Started On Something New?**



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