

Time to Get Motivated

By getting into the practice of setting specific goals, you greatly enhance your motivation but not only that, the more difficult and far reaching you make your goal the higher and more satisfying the result!

By stopping to think long and hard about what it is you want to achieve and how you want the outcome to look and feel, you create a clear vision for how you're going to get there, one goal at a time.

Here are our top three tips for getting started:

- Start by writing a list of your goals and objectives that you want to achieve by a certain timeframe. Put that list of goals up where you can see it both easily and regularly.
- Make list of WHY you want that degree / project / goal and what you can do with it; put down as many points as can think of. Look at this list regularly too, as it will help to increase your motivation.
- Give yourself little rewards and treats ("If I finish reading up so-and-so, I will make myself a cup of coffee and sit and drink it"; "If I study until 9.30 pm I will then ring my best friend"; or when we make it to that milestone in the project we can all go out for dinner/drinks.) It is essential to reward ourselves and celebrate every time we make progress! Hard work and commitment needs to be rewarded. We need to have fun as we achieve more, because isn't this why we do more?

When first setting down to write your goals, be clear on -

- Understanding your values. Values guide your decision making and are the root of who you are, how you conduct yourself and how you interact with others around you are defined by your values. Understanding and defining your values will help you understand what is really important to your life and is essential when setting goals.
- Where are you right now? Look at the core areas of your life and reflect on how satisfied you are in each. This exercise will provide you with a clear sense of how balanced you are and reveal goals you want to set as a result.
- Your perfect life and how you imagine it to be. Write down how your perfect life would look. Don't be afraid to dream big and be creative. Imagine the very best for yourself. How does it look, what does it feel like? What can you hear? What goals would you like to set to get there? The point is to get everything down on paper and have this be a fun process.

Take Note:

A robust goal should stretch you or change you in some way.

A reward is just that...a present to yourself. So, while one of your goals for this year might be to take a dream holiday, perhaps that's better used as a reward for having accomplished one or more of your goals.

Once you have created your list of goals – start to rate each one 1 - 5 based on how excited you feel about this goal. Consider that would accomplishing this really, truly make you happy? If it doesn't light you up enough for you to assign it at least a 3 cross it off of your list and then go back and re-evaluate the 3's on your list. What's missing? does the time frame need to change? If you can't get it to truly move up the rating then move it to a 4 cross it off of the list.

Now you're left with only those goals that really, truly excite you and it's time to wrap more emotion around them by thinking of a higher purpose for the goal. The what is not nearly as important as the why. Here's a hint...the why will almost always be something that helps you grow or helps you to contribute to others. If you can't come up with a big enough why you might want to re-evaluate whether it should be a reward, be on your list at all or perhaps be saved for another time in your life.

Once you've trimmed your goals down to those that really excite you and give you a higher purpose it's time to define them, suffice to say that goals really should be **SMART**:

- Specific
- Measurable
- Attainable
- Realistic
- Time bound (have a time frame attached to it).

How will you know you've achieved your goal unless it's defined in this way?

By applying these simple techniques you can fly through your list of 'want to do's' in no time, therefore giving you even more time to learn and achieve other things you've never even thought about!