

Get Back to Self-Motivation – Five Steps

I can tell you from personal experience that I have suffered from lack of motivation and found myself in a slump at times. Motivation to stay fit, motivation at work and even motivation at home. For some, this lack of motivation come in cycles and for others it can last for some time.

As a martial art instructor and/or dojo owner, it is important to recognize when our motivation is faltering. More importantly we need to know how to get our motivation back. Here are some tips to help you find your motivation.

1. Start Simple

Start simple by giving yourself small goals, maybe even small daily goals. An example could be going for a quick walk at lunch time, or getting up to move every hour on the hour. It could be making sure your work area is tidy at the end of the day. Maybe even reading a few pages of a new book every day. Try and identify one thing per day that you are going to do.

2. Stay positive

It takes effort to stay positive, especially when our motivation has been lacking. Use self-talk and encourage yourself to be positive when feeling less than motivated. If something negative happens, don't dwell on it, deal with it when you can. Do so in a positive manner. Think about how you can solve the problem to achieve a positive outcome.

3. Prioritize

This is an important part of getting your motivation back. Many of us prioritize others before ourselves. Remember that in order to effectively help we others we must first look after ourselves. We are no good to anyone is we are not in a healthy frame of mind. Decide what is important to you.

In my case, it was my health. I decided I wanted to live a long healthy life so that I can see my kids grow up and spend time with my wife. I want to be a role model for my students and try to inspire my colleagues to be healthy. Therefore, I made exercising a priority, for me this take self-motivation. This is why the early morning workout. Personally, I just don't have the time during the normal daytime hours.

There are so many little distractions in life, every day. Don't be distracted and keep your eyes on the priority of the moment.

4. Be resilient

Motivation doesn't come easy. There will be ups and downs as a result of things which are out of our control. Injuries that prevent us from working out, the pandemic that keep us from operating our businesses, failing relationships etc. Remember, stay positive and make the best of the situation to keep yourself motivated. Sometimes the goals and priorities will change based on the situation.

5. Reward yourself

Don't be afraid to enjoy your success. Set a reward for yourself to boost your motivation and treat yourself.

Once you have reached the goal where you can re-motivate yourself than your next goal is to motivate others.

I have never been one who was motivated with going to the gym. After I recovered from having a broken ankle, I decided it was time to get myself into better physical condition. I needed to drop some weight and change by body shape.

I wasn't sure how to go about it, so I started working out with a couple of co-workers early in the morning. I am the kind of person that, if I tell you I will be there, I will be there. I did not try and keep up to them, but used them for motivation.

After a few months I started to see some results, this motivated me to continue showing up. My body was feeling good which meant my mind was also feeling good. Circumstances happened that saw my workout partners being absent, this was difficult on my motivation to get up early and go to the gym by myself. I need to dig down mentally. I found a new workout routine to follow which I really enjoyed. I was getting my motivation back. Then came an injury and again down went the motivation. After resting and rehabbing the injury, I found my motivation by starting slow and changing my habit.

These tips can be used to motivate yourself personally or professionally.

Find the momentum to stay motivated and you will find yourself surrounded by people who are self-motivated also.

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