

# CHANGES MODULE 10:

## Tips for staying motivated

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Motivation for doing even the smallest things can be hard to find, particularly if we are in mental distress. From meeting up with people to eating well, it can be hard to find the motivation to do the things that are good for your mental health.

When we are lacking in motivation it can damage our self-esteem and make us feel even more deflated. Just a little motivation can have the opposite effect. It can help us to feel energetic, inspired and more capable of achieving things. Here are some tips for staying motivated:

1. **Identify your goals:** Think about what you want to achieve. Writing this down is a good place to start, it will help you to organise your thoughts.
2. **Take small steps:** Often goals are abandoned because they are too big. It's therefore a good idea to set mini-goals that build towards a major goal (succeeding at mini-goals will provide further motivation).
3. **Give a little time each day:** It can be hard to maintain focus over long periods of time. Instead, you can improve your focus by spending a short period of time each day (e.g fifteen minutes) doing something that moves you closer to your goal.
4. **Supportive People:** Spend time with people who motivate, interest and inspire you to keep going.
5. **Learn new skills:** New goals often require learning new things. This can boost your self-esteem and help you feel more motivated in the future.
6. **Take risks:** Failing and bouncing back are all part of learning and growing. Stepping outside of your comfort zone, even a little bit can help to fuel motivation. Take risks: you'll never know if you don't do it.
7. **Develop a mantra!** Think of a phrase that you can tell yourself regularly that makes you feel more motivated and confident. If you repeat it regularly enough, it becomes easier to believe.
8. **Review your goals:** Ask yourself difficult questions. If you haven't made progress, what's standing in your way? Is this goal still important? If you discover that your priorities have changed, drop these goals and focus your energy on more relevant goals.
9. **Reward yourself:** Each time you achieve a goal, reward yourself! Knowing that attached to each goal is a treat, helps to keep you moving towards it. Even crossing a goal off your list can feel good.
10. **Take time to enjoy your success!** Acknowledge the fact that you have accomplished your goal and take time out to savour the feeling of satisfaction. This will enable you to recharge your batteries and renew your enthusiasm to press on with other goals.

## Discussion Options

- What stops you from being motivated?
- How do you reward yourself for completing a task?
- How do you know when to abandon a project?

## Further reading

“10 Ways To Stay Motivated when negativity seems to be all around”

[https://www.huffingtonpost.com/stacia-pierce/10-ways-to-stay-motivated\\_b\\_4941277.html](https://www.huffingtonpost.com/stacia-pierce/10-ways-to-stay-motivated_b_4941277.html)