

Measure Your Progress

There is nothing more motivating than watching yourself make real progress towards something you care about, even if that progress is slow or difficult. Tracking your progress will help you believe in yourself, which will increase your motivation in return. If progress seems slow, try tracking the new things you've learned. Learning and improvement are legitimate steps on the path towards any goal.

Find a Mentor

Walking through a hard place is much easier when you have someone you trust walking with you. This can be someone facing the difficulty along with you, someone who has faced a similar difficulty in the past and overcame it or just someone who cares and is willing to be there for you. Choosing a mentor will pay off when you have someone to share your burdens. When the load feels lighter, you'll be able to handle the problem with renewed energy.

Putting It All Together

Train yourself to finish what you start. Never quit when you experience a setback or frustration. Success could be just around the corner. Think about the achievements in your life. Examine your strengths to understand what you can build upon. As you recognize how much you have already achieved and understand how much potential you have, you will have the motivation to achieve your goals. The more you look for reasons to believe in yourself, the easier it will be to find ways to motivate yourself and the more you will increase your potential for success.

For more information on developing positive self-esteem, contact your Employee Assistance Program at 701.530.7195 or 800.327.7195

Remember, your Employee Assistance Program is:

- **Confidential:** All information is strictly between you and the counselor.
- **Informal:** A simple phone call starts the process, and there is no red tape.
- **Free:** Your employer has paid the fees. There's no charge for initial counseling services.



Employee Assistance Program

310 North 10th Street
Bismarck, ND 58501
CHStAlexiusHealth.org



Employee Assistance Program

Self-Motivation





The Art of Self-Motivation

Do you find it tough to work toward your goals, even when you know they're worthwhile?

Perhaps you've tried to push yourself with willpower, but it hasn't worked. Instead of willpower, you need more motivation and a thoughtful plan to reach your goals.

Motivation is one of the most important traits one can have. A self-motivated person can focus better, be more creative and accomplish bigger goals. People who are self-motivated produce quality work, and they do it whenever they must rise to the challenge.

So how do you motivate yourself? How can you be the type of person who is excited about work, goals and other projects? Here is a simple guide

Establish Meaningful Goals

There may not be a more powerful source of motivation than a goal you care about. Your goal must be realistic and challenging. Such a goal can inspire you to give your best even in the face of difficulties. Whenever you think that you have run out of motivation, you can always come back to your goal to get a fresh dose of motivation.

Stay Focused

A key part of building self-motivation is to work toward achieving things that are important. This gives you a clear sense of direction and the self-confidence that comes from recognizing your own achievement. If your attention wanders, you're going to struggle to keep that motivation going. Stay focused on one thing at a time and think about the rewards inherent in the task itself. Instead of seeing the task as yet another item on your list, think of its positive impact on you and others.

Take One Step at a Time

We have a knack for making mountains out of molehills. For example, straightening out an office or work station can be frustrating before one even gets started. The key to success is to break the job down. "Maybe I can clean one pile a day or start by just cleaning off my desk." Applying this one-step at a time method will allow you to move forward with confidence. Whatever you decide to do, do that job and then move onto something else. When you realize that every step you take is a step in the right direction, you'll find the motivation to move forward.

Believe in Yourself

If you don't believe you can succeed, a sense of inadequacy and past failures will dominate your mind. The way to get out of this pattern is to focus on the positive contributions you have made. Make a list of your strengths and successes. When you truly believe that you deserve success, you'll be

much more likely to think, "This one failure isn't going to stop me!" By developing confidence in yourself, you will not only believe you can succeed, you'll also recognize and enjoy the successes you've accomplished. That, in turn, will inspire you to build on those successes.

Run Your Own Race

Even if you start with enthusiasm, you will soon lose your energy when you compare yourself to others. Don't let that happen to you. You have your own race, so how other people perform is irrelevant. The only competitor you have is yourself. The only one you need to challenge is you.

Leave Your Comfort Zone

Let's face it - we can easily find excuses and reasons to put things off. To develop self-motivation, you have to be willing to rip off the band aid of comfort. You know it's going to sting a little, but you also know the pain is temporary, and once it's done, it's done. The same is true with those things we don't want to do. Maybe they're painful and unpleasant, but if we can just plow through them, we'll be glad we did. Everything else that follows will seem simple in comparison.

Focus on the Outcome

Imagine how much better it will be when you achieve your goal. Keeping in mind the possibility of a positive outcome helps us to face each challenge with hope. Even if that hope is disappointed at times, we know that a solution may be just around the corner.

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