

TRiO Tips on Staying Motivated



1. Set a goal and visualize it down to the most minute detail.

See it, feel it, hear the sounds that accompany the end result (wind rushing through your hair, applause, receiving your diploma).

2. Make a list of the reasons you want to accomplish the goal.

For extra “success insurance,” write your list with a pen. Studies show that when we write by hand and connect the letters manually, we engage the brain more actively in the process. Because typing is an automatic function that involves merely selecting letters, there’s less of a mental connection.

3. Break the goal down into smaller pieces and set intermediary targets — and rewards.

Chunking is a system which involves chipping away at a project. Break it down into the smallest realistic steps and only do one at a time. Neuroscience tells us that each small success triggers the brain’s reward center, releasing feel-good chemical dopamine. This helps focus our concentration and inspires us to take another similar step. Try this, whether organizing your papers and bills, setting out to find a new job, or organizing your homework assignments.

4. Have a strategy, but be prepared to change course.

Let Thomas Edison inspire you in this department: “I have not failed. I’ve just found 10,000 ways that won’t work.” “Our greatest weakness lies in giving up.” “The most certain way to succeed is always to try just one more time.”

5. Get the help you need.

Announcing your intentions sends a strong message to the world and, more important, to your unconscious mind, which can sometimes sabotage our best efforts. Also, we often overestimate our abilities. The flip side is being highly selective about whom you tell and ask for help. It’s akin to the builder’s rule to always get “the right tool for the right job.”

6. Pre-determine how you will deal with flagging motivation.

It’s (almost) inevitable that at some point along the way, you will need a little boost. When that happens, I think of what others have endured to reach their target goals and to quash even the beginning of a pity party, I invoke the most hard-core endurance models I can think of: friends fighting serious diseases and Holocaust survivors.

7. Continually check in with your reasons for carrying on.

Steve Jobs embodied this brilliantly. He once told an interviewer: “I think most people that are able to make a sustained contribution over time — rather than just a peak — are very internally driven. You have to be. Because, in the ebb and tide of people’s opinions and of fads, there are going to be times when you are criticized, and criticism’s very difficult. And so when you’re criticized, you learn to pull back a little and listen to your own drummer. And to some extent, that isolates you from the praise, if you eventually get it, too. The praise becomes a little less important to you and the criticism becomes a little less important to you, in the same measure. And you become more internally driven.”

For more information visit:

<https://www.forbes.com/sites/nextavenue/2013/07/19/how-to-stay-motivated-and-accomplish-anything/#696e2c032a5d>