

How to Stay Motivated (Part II of II) by Peggy McColl

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How is your level of motivation? Do you manage to stay motivated when you need to? Or, do you feel challenged maintaining a high level of motivation? Are you easily thrown off track?

There are numerous daily distractions that can easily throw you off track when you are striving to reach a goal. Some of these distractions can cause a total derailment while others may only be temporary setbacks. Either way, you must be prepared to deal with these annoyances, distractions and challenges and put yourself right back on track.

Here are some proven techniques to help you stay motivated:

#1. Take persistent and consistent action (even when you feel fear)

When you feel fear creeping in, just know that this is part of the natural process of goal achieving. Fear usually enters when we are stretching ourselves beyond our normal comfort zones. This feeling of fear is a natural emotion. And, when you feel the discomfort (the stretching) recognize that this is when you are growing. The best way to eradicate the fear is to take action.

This statement rings true: “It is better to step forward into growth than to step back into safety.” In one way I agree with this statement and in another I do not. For example, I agree completely that it is better to step forward into growth; however, I also believe it isn’t “safe” to step backward. Why? Because if we are going backward we are not growing and you know what the opposite of growing is. Our goal should never be to go backward. You may choose another route if you don’t like where you are going, but backward should never be an option.

To be successful, feel the fear and step forward anyway. You will likely feel discomfort, just know that. The discomfort is a result of growth. You will find a tremendous amount of reward and increased motivation when you stretch yourself beyond your comfort zones and take continuous action toward the attainment of your goals.

#2. Give energy toward the things you desire.

Ralph Waldo Emerson said: “*The only thing that can grow is the thing you give energy to.*” Focus all of your energy on the things that you want in your life, not on the things that you don’t want. When you are focused on the things that you want, you will remain in a motivated state. If something shows up for you that was not a desired result, pay it no mind. When you do, you will give it energy and this in turn will cause it to expand.

This will require a considerable amount of focused mental energy. Choose a goal and stay focused on that goal. Each morning ask yourself (and answer) this powerful question: *What will I do today to increase my energy and stay focused on my goal?*

When you continue and hold the focus on your goal you are moving energy, and literally vibrating with the law of attraction. This energy will attract to you everything that is required for the fulfillment of your goal.

#3. Seek results but do not require them

You seek results and outcomes (set goals), but do not require them. This is also called detaching yourself from the outcome.

This may sound like a paradox considering it is also recommended that you set your intentions by setting pre-determined goals and stay focused on your goal, but it is not a paradox. When you are not requiring them you are simply detaching yourself from the outcome and eliminating the risk being disillusioned or unmotivated.

By setting your goals, you have specified that you desire those things to show up and you are seeking them; however, you now realize that the perfect outcome always occurs. You may not be able to explain every single outcome, but nonetheless, the perfect outcome will always occur and you know it.

You, as a goal seeking individual see the perfection and accept whatever shows up for you in your life, and you accept it with gratitude. Instead of having expectations, requirements or addictions to certain results, you have acceptance.

Many years ago I learned about the basic law of Gender; this law decrees that there is a gestation or incubation period which must elapse for the manifestation of all seeds. Maybe the gestation period for your goal is longer than you may have originally anticipated. Have faith and remember the words of William James: *“Believe and your belief will create the fact”*.

Here is a ten-two letter word sentence that wraps this up nicely:

If it is to be it is up to me.

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