

10 Practical Ways to Increase Motivation and Drive to Success

- 1) Write down up to 3 major realistic and attainable goals or aspirations to stay focused.
- 2) Keep the vision or mental image of what it would be like to succeed at the forefront of your thoughts throughout the day.
- 3) Listen to and read motivational content.
- 4) Take small actions that can help you get "wins," boost your confidence, and help you attempt larger actions.
- 5) Use your watch or clock to push yourself to get up and do what you promised yourself you'll do at certain set times of the day.
- 6) Practice positive self-talk throughout the day, like, "I can do this, I can do this."
- 7) Incorporate music in your day to help push and inspire you.
- 8) Post motivational posters and materials in your environment.
- 9) Use past mistakes and setbacks as motivation instead of reasons to avoid inaction.
- 10) Have helpful daily routines.