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How to motivate yourself

with this simple strategy



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**Motivating others can be a good strategy
for achieving your goals,**

However,



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**Motivating yourself could be
another interesting approach**



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**Let's explore a remarkably simple
strategy to achieve this...**



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**Researchers approached three
groups of students who were
studying at school**



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To find an effective method for raising their grades, each group was asked a different question:



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Group 1

“Formulate a plan to increase your grades enough to stay in school.”



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Group 2

"Make a private, personal commitment to carry out your plan".



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Group 3

**"Make your private, personal
commitment PUBLIC to those around
you."**



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The results were stunning...

Students achieving their goal:

Group 1: 14%

Group 2: 14%

Group 3: 86%



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**So, of the students who publicly
declared their commitment**

**...a staggering 86% actually
achieved their goal**



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This beautifully exposes the working of

Commitment & Consistency which says:



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We have a strong desire to be and look consistent to our words, beliefs, attitudes and deeds, especially when made public.



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So, remember

**To fuel the motivation you need to achieve
your goal, make your commitment public to
those around you, particularly to those close to
you!**



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Thank you for your attention!
Please feel free to like & share.