

Find your Phoenix ...And Rise up!

Staying motivated to achieve your goals...



Over the last five issues we have looked at:

1. Where you currently are in each area of your life
2. Where it is you want to be in each of these areas
3. How the GROW model can help you identify a goal and move you towards it
4. How your Values & Beliefs shape who you are; and
5. How Limiting Beliefs can hold you back and stand in your way of success

Here are 10 things to help you stay motivated towards achieving your goal:

1 - Check in with your goals regularly;

Remind yourself WHAT it is that you want to achieve on a regular basis.

2 - Remember your why's;

For a goal to be achievable you must know WHY it is important to you and remind yourself often.

3 - Keep it relevant;

If your direction changes, update your goals.

4 - Create a vision board;

A vision board is a visual representation of what you want to achieve. Add images and words that inspire you and put it in a place where you will see it every day.

5 - Listen to something motivational;

Find a motivational podcast or listen to music that makes you feel alive.

6 - Celebrate your successes;

Rewarding yourself at each step along the way will help keep you motivated and on track.

7 - Forgive yourself;

Remember we are all human and no one is perfect so forgiving yourself when you need to can help you to get out of a place where you feel stuck or guilty and free you up to get you back on track more quickly.

8 - Take a break;

Sometimes things can get on top of us and we need to reset. Ensure you are taking

plenty of breaks, get out in nature, do some yoga, go for a run, laugh with friends, spend quality time with your family; you'll soon feel refreshed and ready to get back on track.

9 - Do it together;

Find someone with a similar interest and bounce ideas off one another to keep each other motivated, doing something together is always more fun than trying to do it on your own.

10 - Find someone to hold you accountable;

You have far more chance of achieving your goals if you have someone holding you accountable; regularly checking in and focusing on what YOU want will help you to stay aligned with your goals and on track for success.

Get in touch for your FREE no obligation 30-minute coaching call and discover just what you are capable of or see our website for further information about the services we offer.

*If you missed the last issue you can find it here: <http://www.findyourphoenix.co.uk/press-cuttings>

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