



# 5 Tips to Get Motivated

## Tip #1 - Discover Your Why, You're Reason For Being

There is a Japanese concept called, "ikigai", which translates to, "your reason for being, or the reason you wake up in the morning." When you discover what gives you purpose or what rocks you at the core it starts to become a little easier to stay motivated. Since I discovered my ikigai, I jump out of bed excited to start the day because my vision for being awake is so clear.

## Tip #2 - Learn to Create Manageable Goals

Have you set a goal before and found it almost impossible to achieve? Setting a goal without having a properly laid out plan is like embarking on a road trip without having a map. Once you've created your vision create some smaller goals that will lead to your vision. By adding milestones along the way you give yourself quick wins which can keep you motivated!

## Tip #3 - Developing New Habits

When we can start implementing healthy daily habits into our routine the journey often becomes a little easier. I used to struggle to get out of bed in the morning, but when I discovered my why and then started to get up a little earlier each time soon I found myself enjoying waking up in the morning because I knew I was going to have time to start doing what I love. The habit of waking up earlier started slow at first and progressed to a point that now I have 2 whole hours each morning before I start my day to do what I love. Think about other habits you can implement into your day that bring you one step closer to your vision and living the life you want. It only takes one step a day to get there!

## Tip #4 - Align Daily Actions with Your Goals

Have you done something today that aligns with one of your goals? That is all it takes sometimes. Do one thing daily that will bring you one step closer to your goals and you'll be surprised at how quickly you will get there. An even better idea is to write/journal that daily win or share it with someone who can keep you accountable!

## Tip #5 - Accountability

It can often be a struggle to keep ourselves accountable so why wouldn't you join forces with like-minded people to keep you on track? Accountability has been a game changer in my world! I started being accountable when I went into recovery. I met others who were on the same path I was and could relate to what I was going through. This progressed into accountability in all other areas of my life and continues to do so today. My circle is growing and so are the goals I achieve!