

## Some hints to help you *Get Motivated*



When you need help to get motivated:

1. Changing your habits or behaviors requires motivation. Motivation is the force behind that change. Without it, nothing much happens.
2. Get serious. Make your change a top priority.
3. Have patience. Results take time.
4. Have reasonable expectations. Do not expect miracles.
5. Goals... set daily, weekly and monthly goals that are *achievable*. Write them down. Do not worry about the long term results; they will follow the short term goals.
6. Take one day at a time.
7. Reward yourself frequently.
8. Do what it takes to get some results.... Results motivate you further.
9. Keep a record of your results and progress.
10. Make your changes with others who also want to improve themselves. Having company makes the change more fun.
11. Seek support from others... family, friends, others in groups interested in the same thing.
12. Learn from your set-backs and mistakes. Do not let them defeat you.
13. Do lots of positive self-talk.

***Remember... A gentle stream can split a mountain, given enough time.***