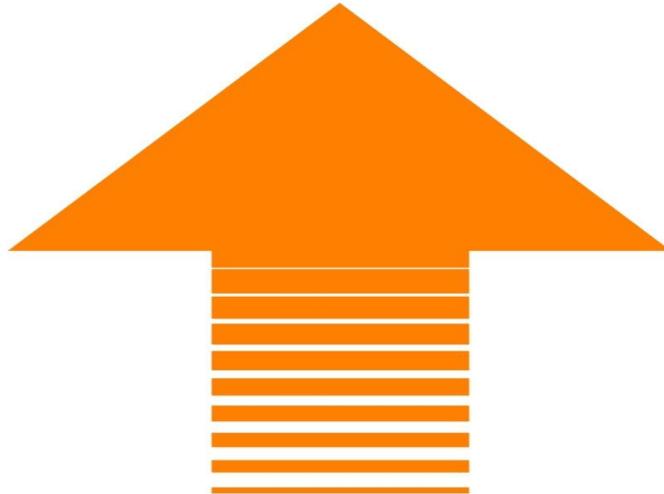


Motivate Yourself to Succeed

**MOTIVATE
YOURSELF**



TO SUCCEED

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There's a critical error many people make when trying to achieve a goal in life – whether it's losing weight, seeing financial success or even something as simple as growing a garden.

Instead of turning to self-motivation, they use other people as a crutch to try to inspire them to do the tasks they need to accomplish and maintain an outlook that helps them cross the finish line.

They buy books and devour the words of others who came before them down the same path. They subscribe to video channels and hang on every word of someone who did what they haven't been able to do yet.

There's nothing wrong with using external inspiration to help you fill the gaps in your plan of success, but the bulk of what you rely on should be your own intuition and mindset, because no amount of outside influence can have the same impact as what goes on in your head.

When the book is put down or the video turned off, your mind can be your biggest supporter or your most intimidating adversary. If you left things to chance, it could be easy to experience failure, so you have to implement a strategy that improves your odds of success.

Set Yourself Up for Success with a Plan

There's a saying that goes, "If you fail to plan, you plan to fail." This is true regardless of what your goal is. Those who go in blindly, without a plan in place, are asking for disappointment.

When inevitable obstacles appear in their journey, these individuals are caught off guard and often stopped in their tracks, unable to move forward. You must have a contingency plan so that if things don't materialize as expected, you have a plan B to fall back on.

Before beginning your pursuit of a goal, brainstorm the potential hazards that could delay or derail your success. Think of all the "what if" situations that you hope will never happen.

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Then, one by one, go through the scenarios to determine what action you would take if such a thing were to arise. Not only does this help you achieve your goal faster, but it provides you with peace of mind knowing that you've got this, no matter what happens.

You also need to have a plan for the unknown happening. That means you initiate a process such as: stop what you're doing, write down and analyze what has happened, brainstorm 1-5 solutions, select the best one.

Just knowing how you should act if something gets in the way of your success can be a comfort that allows you to hold it together and not give up on your dreams altogether. Be as detailed with your plans as you need to be, but don't be so stringent that you're unable to be flexible when necessary.

Have Mini Milestones to Keep You on Track

For most people, the idea of setting a major milestone goes hand in hand with the goal setting process. But few know the importance of creating mini milestones. These are markers along the way that help you know if you're on the right track.

For example, if your goal is weight loss, you might have a major milestone of losing 100 pounds. But every 10-pound increment could be a mini milestone for you to celebrate. They could also be lifestyle changes you consistently implement, such as eliminating fizzy drinks, limiting fast food to once a week, and so on.

Or, if you are setting a financial goal, you might have the major milestone to be earning six figures every year. Your mini milestones could be your weekly or monthly earnings or a set amount such as going from £45,000 a year to £55,000 and up until you reach your overall objective.

It works the same for any goal you have in life – even relationships. You might have a main goal of strengthening your marriage. Mini milestones could be making sure you enjoy a date night every week, doing something kind for your spouse, or taking a romantic holiday together.

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The point of creating mini milestones is not just to ensure you don't lose your way. It's a method of fortifying your mindset and becoming resilient in the face of an obstacle. If you had to wait until a major goal was reached to enjoy and celebrate your success, you might feel defeated halfway through the process.

But if you consistently applaud your efforts, you develop more of an unstoppable outlook. You've proven to yourself time and time again that you can achieve a goal, and you use each mini success as a stepping stone toward a larger one.

Some people divide their goals up not into main goal and mini milestones, but in terms of time. This is another adequate way of doing things. But it doesn't always work. You might get to the halfway point and not realize just how much you've achieved.

If you're looking forward at how much is still left to do versus how much you've overcome, it can be quite daunting. So do whatever works best for you. The main contrast between an overall goal and mini milestones is often the detail with which they're created.

For example, the idea of losing 100 pounds or earning six figures is a nice overview but it tells you nothing about what it took to get there. The mini milestones are the specific markers that guide you.

Each milestone is made up of the tasks that carried you on your journey and delivered you across the finish line. For example, a mini milestone of losing 10 pounds might be achieved by drinking a glass of water before each meal, walking 30 minutes every day, and adhering to a certain number of calories.

Your money earning tasks might be to dedicate a certain number of hours to business growth each week, network with 5 new potential business partners weekly, or release one product every 30 days.

You can break tasks down into microscopic elements if you need to. Everyone is different when it comes to how much detail they need. Some only need a general guideline, while others require exact data.

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Course Correct Along the Way

For those who are on a journey to improve their lives in some way, it's important that you get comfortable with the idea of course correction. You can't stubbornly keep doing what you're doing if you're preventing yourself from making good progress.

Course correction simply means you're veering off path and need to make a tweak to set yourself straight again. This is not the same thing as scrapping an entire goal and giving up on yourself, which is what many people do when they see things not going as planned.

Sometimes you don't even know you're off course. You're just drifting along and making progress toward your goal. But when you sit down and conduct an analysis, you might find that things could be going better.

You may find that you could simply speed things up to get better results. Or do something slightly different to improve your odds of success. These are things you won't really know unless you're looking for them.

It's a hard mindset to adopt because it requires a bit of work, and usually, people don't want to take on more if they're already seeing some progress. If you're okay coasting along on autopilot, then you may not want to implement this measure.

But don't be surprised if, as time passes, you snap out of it and realize you've gone way off course and have a lot more work to do to get things back to where they should be.

Achieving your goals shouldn't be done in some sort of daydream state. It requires you to make an effort and focus and remain dedicated to the job at hand. Even though you're just one person, consider these check-points like you would a company meeting, where the boss wants to know where a project stands.

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He or she wouldn't just ask for the current status. They would want to know what could be done better and why. It's these kinds of questions you should be asking yourself as you work toward your main objective.

It's normal to veer off track a bit along the way. You might fall back into old habits or stop making enough effort and take it easy for a while. Course correction gives you back the power to regain control and push forward to motivate yourself to succeed.

Remember Your Why

Whenever you feel yourself slipping with your quest to achieve a goal, try to zero in on why you wanted to do it in the first place. At the root of every journey like this is an important *why*.

For example, someone who wants to earn more money may want to do it so they can give their children an amazing education or afford to life's luxuries – or even merely gain peace of mind.

Someone who wants to shed pounds might do it so they can live longer or become less of a hermit and get out in the world and live life to the fullest. There's no *why* too big or too small, but you should always have it in mind as you pursue success.

Finding your *why* is not something someone else can do for you. No guru or book can point you in the direction of it because it comes from deep within you. It's something only you know and feel and will compel you to strive for greater heights at a time when you feel most uncertain of your own abilities.

It will help you push past obstacles and stay on track. If you have to make big sacrifices – of time, money, or something else, it will help you see the value in giving up something in exchange for the life you really want.

Your *why* is the meaning behind all of this – behind every morning you set the alarm a little early to get something done, behind each step you take on the treadmill, behind every time you drive past a store you want to frivolously spend money at.

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If you didn't have a reason why you were doing this, your dedication to the process would dwindle and die. You can't achieve things based on the expectations or wishes of other people.

What will your why be? It might have something to do with your loved ones. That's often where we go when we think of working hard for something. It might be your children, your spouse, or even your parents.

If you can also find a *why* that is specifically for you, that's one of the best motivators. You may want to lose weight to live longer for your family, but if you can also tap into how you'll feel being able to sit in a normal seat without feeling squashed, that's a formidable driving force to spur you forward.

You might want the extra money you're working for to pay for an expensive education for your children, but envisioning something for yourself, even if it's materialistic, can help you push just a little harder each day.

Before Giving Up, Conduct a Failure Forecast

Everyone always focuses their mindset on success. You'll see motivational quotes like this one posted on social media: "What if I fall? But darling, what if you fly?" It's meant to make you see the potential in what you're doing.

There's an opposite exercise you can take that's equally effective, and that is to envision what *will* happen if you quit on your goals – or even get off track and take a lot longer to reach the finish line.

Some people like to avoid negative thoughts, but it's important to periodically remind yourself of those pain points you're trying to avoid. It's good to remember what it is you want to steer clear of so you keep moving in the right direction.

Just as you shouldn't just work with one large goal, the same holds true for considering failures. Using milestones helps you achieve your end result, but forecasting failures along the way can benefit you as well.

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Set up times when you conduct some failure forecasting. These are when you fail to do certain things on your journey. It's easy to say something like, "If I fail to earn six figures (or lose 100 pounds), I'll be unhappy."

You can do it on a smaller scale and be able to see the consequences of your actions more often. Set up a failure forecast every week or month that serves as a time when you caution yourself about what could happen now if the tasks aren't carried out as they should be.

For example, if the water wasn't consumed, if the carbs weren't watched, or if the steps weren't taken, be specific about how much weight you'd fail to lose (or even regain). If the alarm isn't set, if the product isn't created, how much money would you miss out on this week – and how could it have been used?

Motivating yourself isn't an easy task. But once you learn how to do it, it's far more effective at spurring you on to succeed than relying on someone else to do the heavy lifting for you.