

Staying Motivated At Work

To be constantly motivated at your job isn't always easy, but it can be done if you have the patience and discipline to make it happen.



Defining Your Purpose

- Think of the reason that drives you to do something. Why should you complete that project? Are there any consequences of not getting the job done on time? What will you gain when the project is completed? Use these answers to help spur you on. As you work, remember your reason for working and what will happen after you've completed the project at hand.



Set Action Goals

- There's no point of working if you don't know what the end result will look like. Having a plan prevents you from getting confused later on, and you can keep working knowing that you'll achieve something in the long run. Use both short and long-term goals, creating actionable steps for each. When you get stuck, refer to your goals to stay on track. It also helps to set deadlines for each goal and reward yourself after every milestone.



Hold Yourself Accountable

- The more people who know about your goals, the more support you'll receive along the journey. Getting other people involved is also a good way to hold yourself accountable for your goals, increasing the likelihood that you'll see each task until completion.



Moving Your Work Desk

- Change or find something new to capture your attention. Instead of working in your stuffy office all day, take your laptop outside and enjoy the fresh air. Mixing it up can keep you refreshed and change the way you feel about your workload.



Taking Small Break

- Let's face it: If you work for hours on end, you'll eventually crash. It's hard for your body to keep functioning in an optimal way if you're overworked. Take a small break after every work hour, especially on a long workday.



Break Your Task

- Complete your goals one step at a time. Don't try to do everything at once or put the work off until the last minute. Doing so will cause a heap of stress, and you risk not meeting crucial deadlines. Separate your work into tasks, and complete each task at a time.



Daily Motivation

- The Internet is flooded with case studies, success stories, interviews, podcasts and inspirational articles, with hundreds of motivational books and magazines at your local library. You can also listen to inspiring music during your breaks that will move you to action.



Great Results

- You'll achieve great results as you progress, but know that you aren't alone. Results come with action, so start making things happen.



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