

8 EXPERIMENTS TO FIND YOUR BEST MOTIVATION TECHNIQUE(S)



1. UNACCEPTABLE CONSEQUENCES

Set a deadline for your task. If you miss it, you can't watch TV for a week or you must donate money to a cause or political campaign you do not support - and you must post about it.

2. COMPLETION COMPULSION

If you are someone that likes to finish a book, watch the entire season of a show, etc., try breaking your task down into small chunks and put on a list - tick off items as you go!



3. FIND YOUR POWERFUL 'WHY'

Connect your task to a powerful purpose that really resonates with you. Write down your 'WHY' in a phrase and post where you can see it. ('Help Others,' etc.)

4. DAILY EXCITEMENT

Renew your excitement each day by setting a goal for the day, then visualize your achievement. Find inspirational quotes or music to help keep you pumped.



5. TRUE TO YOUR WORD

It's important for all your relationships to be considered trustworthy. Tell someone you will do a small task and follow through. Do this several times a day, and people's trust in you will build. Post this motto!

6. GROUP SUPPORT

Find a group of friends/associates that want to achieve a similar goal, and set regular targets. Check in with each other daily or weekly. Have weekly winners.



7. FEELING OF ACHIEVEMENT

When you do achieve a goal or task, make sure to take time to feel a sense of accomplishment! Share your success with others. Think of this feeling when you start a new task.

8. ALMOST INSTANT REWARD

Set short tasks with a small reward at the end. Write for 10 minutes before you can have your first coffee. Spend 10 minutes on email before you can go to your favorite website.



SOURCES

<http://brainspeak.com/no-more-procrastination-just-motivation-everyday>

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