

Keeping Motivated

1. Make time to reflect – How much in business and life do we all miss out on because we don't take time to reflect on what is happening in our lives and what can we learn from these things?

2. Remember to dream – Some people are so caught up with day-to-day tasks that they forget to dream about the future. As a result, they don't aspire high enough, or far enough, for themselves or their organizations. Ask yourself: What do I dream of accomplishing in my life? In my career?

3. Mirror those who are successful around you – Find role models worthy of your attention, those who lead their lives and organizations in a manner in which you aspire to lead, who have made a difference to others as you would like to.

4. Retreat to advance – At least once a year (if not more often), set aside a day to review your life and objectives. You may want to remove yourself from the distractions of a typical day by “retreating” to a location where you are inaccessible by phone or email.

5. Mentor someone else – One of the best ways to distill what you know is to share it with others. Moreover, helping another person grow can be a rewarding way to keep yourself motivated.

6. Enjoy the journey – It would be silly to say to yourself, “I'm going on vacation, but I have no intention of enjoying myself.” Yet that is exactly what happens to us when we become too busy to take time to appreciate our journey in life. Take a moment to be grateful for what you have. Feeling grateful is one sure antidote to negativity.

7. Live like a victor, not a victim – When bad things happen to good people, we say they are “victims of circumstance.” Yet it is easy to spend too much time feeling like a victim, rather than asking, “What am I going to do to make it better?”