

A man in a blue and green patterned jacket and dark jeans stands on a dark, mossy rock in the foreground. He has his arms raised in a gesture of triumph or awe, looking up towards a large, powerful waterfall. The water is white and turbulent as it falls over dark, moss-covered rocks. The background is a misty, green landscape. The overall scene is one of natural beauty and personal achievement.

# 5 WAYS TO REACH PEEK MOTIVATION WHEN YOU'RE IN A SLUMP

Even the most inspired and motivated people in the world can, at times, lack the motivation to achieve their goals. Sometimes, we can get into such a slump that even thinking about making positive changes in our lives is too much to ask.

However, the good news is that the situation you are currently in isn't hopeless. In fact, there are a number of proven steps, that have been backed by scientific research, that can help you overcome your procrastination and make positive progress toward accomplishing what you set out to do.

What most people don't understand is that motivation is a process. That's right, just like learning how to ride a bike, motivation takes time, discipline, and repetition.

The good news is that everyone, even those people who are dealing with crippling self-doubt and laziness can find a way to overcome their procrastination and dramatically improve their lack of motivation to finally reach the goals that they've set out to accomplish.

Many of us simply feel overwhelmed, apathetic, or just plain lazy at some point in our lives. The good news is that even the most successful people in the world have found

themselves in a situation just like yours and have found the motivation to bounce back.

You probably didn't know that even the great Tony Robbins, a famous life coach, was 30 pounds overweight and spending his days watching soap operas. As Tony Robbins has proven, it's never too late to become the person you could have been.

If you want to make positive changes in your life, then you need to learn how to secure your own motivation to get things done. Here are five simple steps that will provide you with the tools you need to overcome any barrier to motivation.

## Step #1 – Get Clear on One Goal

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If you've ever found yourself in a slump and unable to work on what's needed to achieve your goals, it could be because you are overwhelmed and trying to do too much at once.

Not only will this drain your focus and willpower, but it creates an unavoidable urge to procrastinate on all of your tasks. If you want to reach your peak motivation and

accomplish everything you've set out to achieve, then it is critical that you focus your energy on just one goal.

As you focus on that single goal, start working on the one action that you've been putting off, the one that if you followed through with, it would drastically change your quality of life.

To keep your motivation going once you've gotten clear on one goal, write it down, being as specific as possible. Then post that goal somewhere in your home or office where you can't help but notice it every time you walk by.

## Step #2 – Get Leverage

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Leverage, simply put, is the fuel behind your motivation, it's your "why." Humans are hard-wired to try to avoid pain as much as possible and move toward pleasure.

This is why you can have a dozen delicious gin and tonics and as soon as you drink one too many you become violently ill and vow to never drink another gin and tonic, or any other alcoholic beverage, again.

Whenever you are trying to get yourself motivated for upcoming change, you are experiencing short-term pain in

an effort to gain long-term change that will increase your quality of life.

In order to successfully overcome the short-term pain, there must be no other option, and it should be emotional and stubborn. It is only when you manufacture the necessary leverage in your mind for change is when it will stick.

You can get angry, you can get upset, but you need to seriously think about what eating all those unhealthy foods will cost you in the long term, and say to yourself, "never again."

To reach your peak motivation and get yourself out of your current slump, there should be the promise of tremendous pain if you don't take action on your goals now. You will need to find out your leverage points of pain and pleasure and connect them to your goal.

## Step #3 – Set Up Your Routine to Success

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When you sit down to set your goals, it is vital that you realize that there are forces other than your lack of motivation at work. Part of your issue may be that you

haven't formed the right habits to keep you motivated and on the right track.

By breaking down your daily actions into a habit cycle, you will be able to make the cycle work in your favor, instead of becoming trapped in your current habits. It's essential the routines that you place in your habit loop don't have to be big to reinforce it. Once the pattern is formed, it will be much easier for you to increase your activity.

The habit cycle consists of a cue, the habit, and the reward. The cue is the urge or reminder for you to carry out the habit, for example, cravings or hunger. This brings you into the habit. The action of your habit would be eating fast food.

Finally, you receive your reward, which is the benefit you get from doing the action. In our example, it would be that the food tastes great.

To put this step into action, you need to put your chosen goal into the habit circle and then break down the behavior into Reminder, Routine, and Reward. Then, create the small things that you can do daily to establish the habit, as well as reminders and rewards.

# Step #4 – Create Accountability

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Robert Beno Cialdini, a Regents' Professor Emeritus of Psychology and Marketing at Arizona State University talked about how humans are wired to be consistent with their actions, in his best-selling book, *Influence*.

He talked about how this can be used in marketing and advertising to increase sales. The good news is that you can use this irrational trigger to help you reach your goals. Accountability is an excellent way to ensure that you will improve your motivation and achieve your goals.

If you want to reach your peak motivation and get out of your current slump, then you need to tell people about your goal. Having other people check in to see how you are progressing is one of the best motivators because as humans we don't like to disappoint people or let them down.

Post your goal on Facebook and other social media networks, tell your friends what you are doing, and fill your significant other in on your plans. Having all these extra sets of eyes focused on you will light a fire under your butt to get you moving toward reaching your goals.

# Step #5 – Remember Why You Started

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It is so easy to fall off the wagon of your initial burst of motivation, that's why it is so essential for you to remember why you started on this path to begin with.

To help you remember why it is you are trying to achieve your goals, take some time to create and use several "reminding phrases" or Mantras. Place these Mantras in places where you will be able to see them late at night and early in the morning.

If you want even more of a reminder, consider going a step further and recording a video of yourself talking to your future self about your goals and your motivations for making the changes that you are making and provide yourself with solid reasons as to why you need to keep going when things get tough.

## Conclusion

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Self-motivation can be a fickle thing. Sometimes even the smallest of setbacks can crush our motivation and keep us from accomplishing our goals. It can be extremely difficult to feel inspired and motivated all the time. Even the most

motivated individuals will experience a slump from time to time. Thankfully, all is not lost. With the right plan and the right mindset, you can reach your peak motivation levels and pull yourself out of the slump you are currently facing.

If you find yourself unmotivated, your goals and aspirations will suffer, as you watch your dreams slowly begin to crumble one after another. You will quickly start to feel dissatisfied and disillusioned, and always wonder why everyone else is able to reach their goals.

However, by incorporating these five simple steps into your daily routine, you will quickly find your inspiration, energy, and motivation returning in full force. When you can reach your peak motivation levels, you will be able to achieve your goals faster than you ever thought possible.

