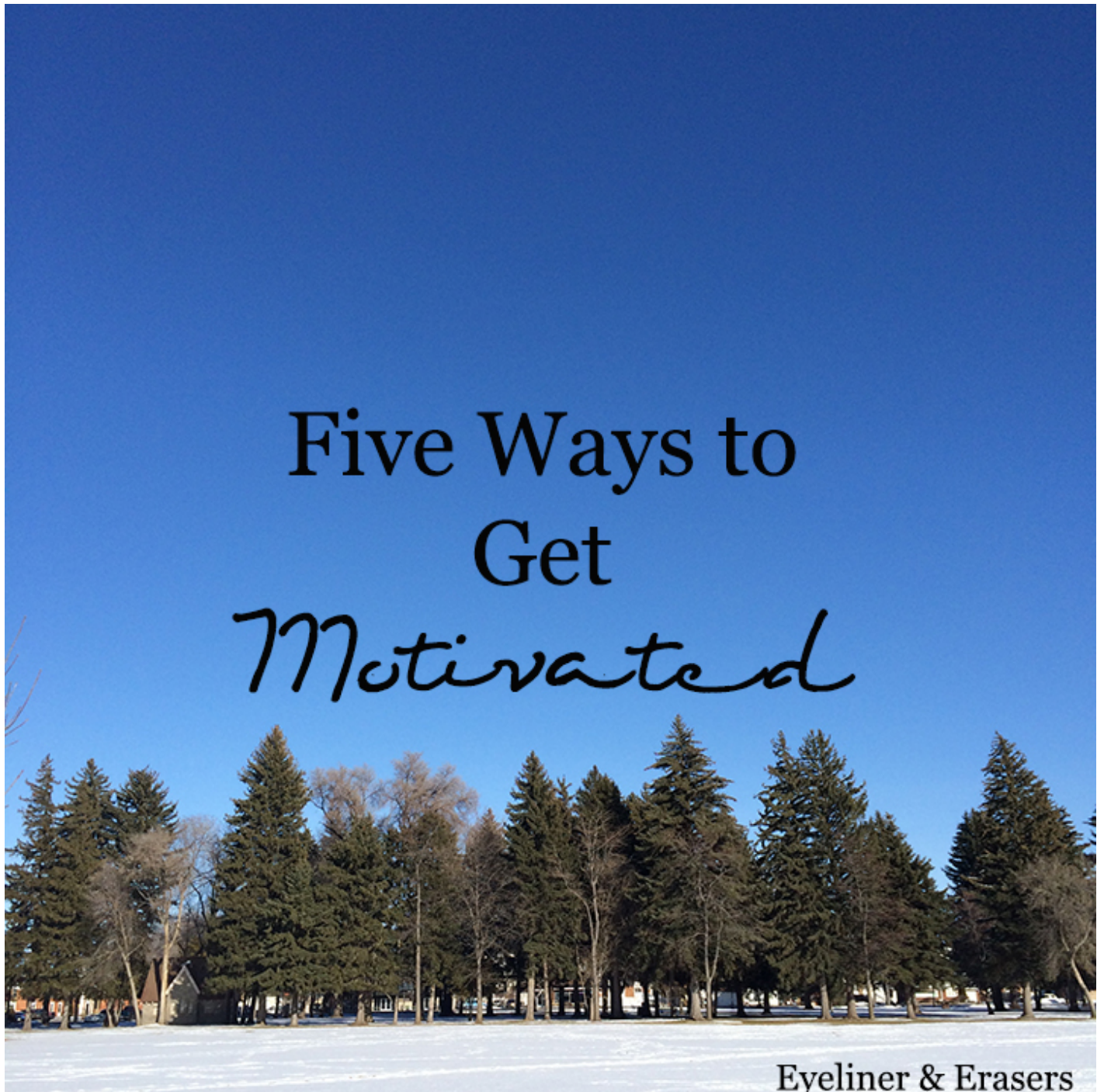


## Five Ways to Get Motivated (Guest Post for The Hallway)



Motivation is something that can come and go. There are phases in every individual's life that either mandates superb motivation all the way down to severe lack thereof--and that is okay. Whether or not you need a pick-me-up, here are five ways to get motivated.

### 1. Write it out

Each morning write what you want to accomplish that day. Don't worry about writing them in order of importance at first. Just get your ideas out there. If you could get everything done, what would you want done. Once your ideas are out, prioritize and tackle. Personally, I like to [eat the frog first](#) (do the worst thing on the list) and then move onto the tasks that I know can get done. You'll find that this is a good tactful way to see what is before you and prevents you from slipping into an overwhelmed or lazy state. Whether or not you get everything done in a given day, do as much as you can--and be okay with it.

### 2. Find inspiration

It is so easy to find [images and quotes](#) that can pump you up--thanks [Pinterest!](#) Reality is that you have to find what works for you. Is it listening to inspirational speeches on [YouTube](#)? How about listening to a fun a song (I love getting ready while listening to [Uptown Funk](#))? Sometimes finding inspiration can be as easy as writing your favorite quote on a sticky note and keeping it in front of your work station or on the car visor. You have to remind yourself what you are working for.

### 3. Post about it

With social media it is incredibly easy to put our ideas, dreams, and goals out there. Ideally your social connections are people that actually want to see you succeed and are willing to cheer you on. If your goals and tasks are on a longer time table, people love to see updates. Updates aren't just for pregnant ladies and people who are trying to lose weight!

If you're not feeling social, even telling a friend or family member and enlisting them as support can be majorly helpful when it comes to maintaining motivation. I seriously call my mom daily and update her on my life goals, and I talk to my dad whenever there is a development in my professional or academic goals. My poor husband gets to hear it all. ;)

### 4. If you've failed, all the more the reason to win

You have to let yourself have little wins. If you feel like you are consistently failing, choose a task that you can "win" at. I know it sounds silly, but studies show that you are in a failure cycle, then the best thing you can do for yourself is set yourself up for an easy win. There is a service/website/app called "[SuperBetter](#)" it helps you focus on the small wins, so you can achieve your big goals (explained in this [Ted Talk](#)). Little wins can be as easy as calling a family member whom you haven't spoken to in a while.

### 5. Dress the part

I know that we all dress differently depending on what tasks are before us. Since I'm working from

home before I have my baby, I have a rule for myself that I have to be in real clothes before I leave the bedroom in the morning (this means "real" clothes before breakfast). I don't let myself hang out in pajamas all day sans boob trap. As a very pregnant lady, this is important to me. If I hang out in my pajamas all day, I'll feel it and be lazy as a result.

If you are in a professional setting, take longer than ten minutes to pull yourself together. Do something for yourself that will help you feel like you can conquer your day. I know a big thing for me when I was teaching high school was to have my eyebrows plucked the night before and my hair blow dried, so I knew that even if I really did have to pull off a ten-minute-get-ready, I would at least have good hair and brows. Find what works best for you and what makes you feel great--then make it a priority.

There you have it. How do you stay motivated?