

# ***Capturing Motivation: Essential Tips For Staying Motivated***

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Finding your motivation can be hard.

We say this in a business and university context, whichever endeavour you are thinking or are currently pursuing.

We are arguably at our best when we are motivated, so this blog is here to give you some tips on capturing and retaining motivation in order to achieve our best selves.

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## ***Set your goals***

Motivation is easier to find if you paint a clear picture in your head of what you want to achieve. It can be anything, from getting the first 100 words down in your essay to sorting out them invoices that you have been ignoring. If you set yourself a goal and take action, you will pick up the pace and before you know it, you've outdone yourself!

## ***Go on, reward yourself***

Sometimes to get yourself motivated, it's worth rewarding yourself to help you pull through it. Be ambitious; get 700 words done on your essay today and have a glass of wine tonight. Get through your invoices today and get yourself a takeaway tonight. When you start to set rewards, your motivation might be easier to find!

## ***Surround yourself with the good stuff***

When you're not working, making sure that you are doing things that make you happy can definitely have a knock-on effect. Do you love the gym? Does it make you happy? Why not go before you start work. Perhaps then you'll feel more positive and thus, motivated to get things done. I'm not saying the gym is your sole passion in life, it's just an example!

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**To summarize; it's clear that motivation doesn't always come easy. You don't need us to tell you that! Instead, follow the steps above to create and retain a healthy kind of motivation. One that allows you to conquer the day efficiently whilst achieving your best self and rewarding yourself at the same time. Sounds good,**

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