

/10 Ways to Motivate Yourself and Others

Motivation makes things happen. If you can master motivation, you can deal with life's setbacks, as well as inspire yourself to always find a way forward, and create new experiences for yourself, and follow your growth.

In this post, I'll demystify motivation and give you the motivation tools that really work.

1. Connect to your values.

This is the ultimate secret. If you can connect the work you do to your values, even in small ways, you can change your game.

2. Find your WHY.

Figure out a compelling purpose. Turn this into a one-liner. For example, when I fall off the horse, I remind myself I'm here to "make others great." This gets me back on track, sharing the best of what I know.

3. Change your WHY.

Sometimes you're doing things for the wrong reason. Are you doing that task to get it done, or to learn something new? Just shifting your why can light your fire.

4. Remember the feeling.

Flipping through your head movies and scenes is one of the fastest ways to change how you feel. Remember the feeling. How did you feel laying on the grass on a sunny day? When you feel good, you find your motivation faster.

5. Shift to past, present or the future.

Sometimes you need to be here, now. Sometimes, the right here, right now sucks. The beauty of shifting tense is you can visualize a more compelling future, or remember a more enjoyable past.

At the same time, if you catch yourself dwelling on a painful past, get back to right here, right now, and find the joy in the moment.

6. Take action.

Here's a secret that once you know it, can change your life. Action often comes before motivation. You simply start doing an activity and then your motivation kicks in. Nike was right with "Just do it." For example, I don't always look forward to my workout, but once I start, I find my flow.

7. Link it to good feelings.

Find a way to link things to good feelings. For example, play your favorite song when you're doing something you don't like to do. It's hard to tell yourself you don't like something when it feels so good.

8. Fix time for eating, sleeping and working out.

Sometimes your body or emotions are working against you because you're not giving them a break or fueling them the right way. One simple way to improve results here is to find a routine for eating, sleeping, and moving or working out that supports you.

9. Change your question.

Sometimes you need to change your focus. To change your focus, change the question. If you ask yourself what's wrong with this situation, of course you'll find things to complain about. Ask yourself what's right about the situation and you can quickly find the positives and get your groove on.

10. "CHOOSE" to.

If you tell yourself you "HAVE" to do this or you "MUST" do that or you "SHOULD" do this, you can weaken your motivation. The power of choice and simply reframing your language to "CHOOSE" to can be incredibly empowering and exactly the motivating language you need to hear.

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