

5 reasons why it's hard to stay motivated and what to do about it

Have you ever struggled with motivation? You're not alone. Most people who set any sort of goal struggle to stay focused and motivated.

There are five reasons why people generally quit on their goals or find it hard to stay motivated.

1. The results don't look the way you thought they would when you started. For example, you may have lost weight but those jeans still don't fit you.
2. You fall in love with the dream. For example you love the idea of being wealthy, but you don't love what you need to be doing to obtain financial wealth.
3. You slip back into your comfort zone. Basically all your old habits and routines take over. Doing something new or different is just too hard.
4. Perfection – you wait until you can do it perfectly. For example, you can't diet this week because you're on holiday, so it's easier to do nothing.
5. Accountability - you don't have anyone to hold you accountable or keep you on track. It's hard to be self-disciplined and hold yourself accountable.

The way out of this is commitment. When you are 100% committed, then there are no excuses, no exceptions, no thinking it over. It's as simple as that. Successful people make 100% commitments and stick to them, no matter what.

If you make a 100% commitment to exercising every day for 20 minutes, then no matter what, you simply do it. It doesn't matter if you have an early start, if it's raining or the in-laws are visiting. You just do it anyway. Case closed.

Committing 100% will remove your need for motivation. And your level of commitment will therefore determine your future.

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Keeping you on track and accountable