



8 Ways To Stay Motivated No Matter What!

A Guide To develop Strong Positive Mindset

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Contents

Preface	3
Introduction	4
What is Motivation?	5
Stop Overthinking	7
Be Aware of When You're Overthinking	8
Consciously Distract Yourself	8
Put Things to Perspective	9
Manage Your Stress	10
Be Creative	10
Exercise Regularly	11
Maintain a Stress Journal	11
Letting Go Of Perfectionism	12
Let Go of Unrealistic Expectations	13
See Mistakes as Part of the Normal Learning Process	13

Contents

Just Get Started	13
Stop Information Overload	14
Limit Your Exposure to Media Coverage	15
Try One-Day Digital Detoxification Routine	15
Avoid Checking Smartphone in the Morning	15
Overcoming Fear Of Change	16
Ask Questions to Put Things Into Perspective	17
Seeking Experienced Advise	17
Maintain A Journal	18
Say No to “Should” and “But”	20
Practice Self-Kindness	22
Remind Yourself of Your Worthiness	23
Be With Like-Minded People	23
Catch Yourself Self-Blaming	23
Bonus Chapter	24
Stop Trying To Figure It Out On Your Own	24
Final Words	25

Preface

Congratulations on downloading this e-book. You are one among those rare breeds of people who take personal development seriously and wants to use it to change your life and challenge the status quo! Kudos to you!

This e-book consists of 8 simple strategies of motivation that you can start applying straight away in your life.

The strategies are widely used in the world of positive psychology and are simple to implement.

This e-book is designed not just to be read but to be worked with! Practice regularly the strategies that have been discussed until it forms a habit. Most importantly have complete faith in yourself during the entire process.

Remember transformation happens over time. It is said that a simple habit takes 21 days to get registered in your brain if practiced regularly. So, it will not be just to say that you'll get results from day one. The important factor here is consistency and not speed. The more you practice, the better you get at it.

Happy Reading!



Nilanjan Gupta

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Introduction

The (COVID-19) pandemic has affected all aspects of life globally at an unprecedented scale. Economically - where most work is on hold, physically - where we miss our workouts at gyms, parks etc., mentally - as the lockdown has blocked all social events & gatherings.

With many of us working from home (which is the new normal) for months already amidst a world health crisis, and the end not yet in sight, it can be difficult to get motivated.

This e-book is an initiative to help you keep yourself motivated during this time of crisis.

Remember...You are Not Alone...We all are in this together and like everything else

This Too Shall Pass!

What is Motivation?

People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily — Zig Ziglar



Motivation is the process of stimulating people to actions to accomplish the goals. Motivation is **energized** and **persistent** goal-oriented behaviour.

But no matter how inspired we are by our dreams and goals, our old patterns and habituated comforts quickly zaps our energy and fade our drive!!

Sounds Familiar? Consider this example:

How many times have you felt that the positive effects from watching an inspirational video or movie is quickly fading away bringing back your motivation levels back to its previous state?

So, the question is how to make motivation everlasting?

For that we simply need to change our old pattern and habits and replace them with much stronger intrinsic motivators. We must remember that motivation just like any other behavioural skill requires **intentional self-reflection** and **continual personal development**.

Let's Start The Journey!

Stop Overthinking

"Don't get too deep, it leads to overthinking, and overthinking leads to problems that doesn't even exist in the first place." — Jayson Engay



Overthinking is exhausting and energy draining. When you overthink, your judgments get cloudy and your stress gets elevated.

Overthinking is primarily characterized by **two sets of thought patterns**:

- Worrying incessantly about the future, making unreal predictions about unlikely events that haven't happened yet (or)
- On ruminating over the past, on the "should haves".

The more you overthink the stronger your brain registers it as a habit and this cyclical process continues.

Psychologists strongly believe that over-thinking is a cause for **demotivation**, anxiety, stress, and depression.

Here are 3 simple strategies to help yourself from overthinking:

Be Aware of When You're Overthinking

The **first step** is being aware of the behaviour in the first place. Any time you find yourself doubting or feeling stressed or anxious, take a deep breath, step back and try to identify which of the above two thought patterns are on work. Analyze the situation and how you're responding to the thoughts.

Now, at this stage of awareness try to reprogram your thought patterns by following any positive mindset strategy. (I have mentioned two of the strategies that have worked for me).

Consciously Distract Yourself

Sometimes it's helpful to have a way to distract yourself forcefully with happy, **positive**, healthy alternatives.

Whenever you feel your mind is starting to wander off, immediately start listening to an energetic music/play your favourite instrument/get off your chair and take a brisk walk in fresh air (either indoors or in an open space (**try to avoid walking in places of traffic** as your mind could still be on a overthinking mode with your senses down).

You can also consider any other activities that suit you as long as they are having a positive impact on your mind.

Put Things to Perspective

Once you have successfully distracted yourself then it's time to again go back to the problem (Yes you heard that right!) We need to do this as we have to eliminate the root cause of this negative habit. Now that your brain is much relaxed from the distraction activity, you can ask yourself logical questions on your overthinking thought patterns like,

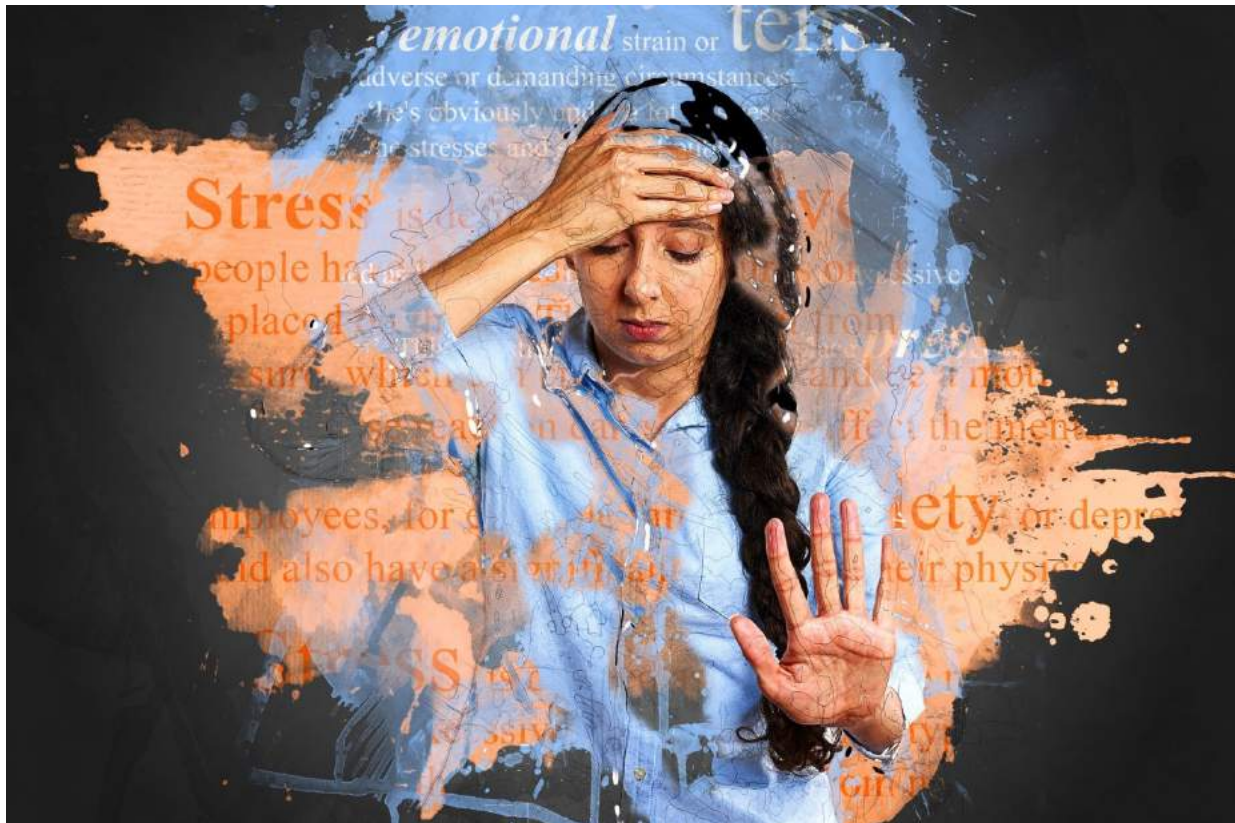
"What is the logical explanation for me thinking on this? Is it going to give me great results?" or

"Am I not making a mole out of a mountain?"

This exercise will help your brain to catch your overthinking pattern at the right moment and you will be immediately brought back to the present where you can continue with your productive work.

Manage Your Stress

"Stress is caused by being here, but wanting to be there" — Eckhart Tolle



Our main aim in this section is to take simple steps that can help bring a sense of normalcy and help you cope with the changing environment and reduce your stress.

Here are 3 simple strategies to manage stress:

Be Creative

Always wanted to play the guitar or try your hands on painting? Well, this is the time to see that wish come to life. Pick up a hobby, be creative! Engaging in your hobby releases the happy chemical Dopamine that elevates your mood.

Exercise Regularly

Exercises can still be done within the walls of your home or the compound of your apartment, such as walking, running or climbing stairs. Even playing with your kids or pets can help burn off some calories. Yoga, Meditation can also be on the list.

Maintain a Stress Journal

The idea behind Stress Journal is that you regularly record information about the stresses you're experiencing so that you can analyze and then manage them. It also helps you to understand the causes of stress in more detail. You can search for the various ways of maintaining a stress journal.

Letting Go Of Perfectionism

"Have no fear of perfection - you'll never reach it."— Salvador Dali



Perfectionism is a bad because it never allows you to be good enough or lovable enough.

This often shows up as you spend time obsessing over every single detail of every single project. and yet still, after completion you aren't able to celebrate your success because you still think "something more could have been done".

Happiness is elusive for a perfectionist because there is always something more that can be done to make their work or life better.

The end result of perfectionism is thus not feeling more accomplished and lovable, but instead feeling more stressed out, perturbed and demotivated.

Here are 3 strategies to control perfectionism:

Let Go of Unrealistic Expectations

Holding on to the need to be perfect sets you up for failure. All it does is allow you to set unreachable standards in your mind and believe that you can only make them happen if someone lends you a hand.

See Mistakes as Part of the Normal Learning Process

Instead of viewing mistakes as a reflection of your self-worth, and immediately jumping to self-criticism, try reframing the internal conversation.

When you make a mistake, remind yourself that you are human and mistakes are a normal part of the learning and growing process.

Just Get Started

Procrastination is a sure sign that you're stuck in a perfectionist mindset.

We often wait for our time to be "perfect". Believe me, that time never comes!

Just take the **FIRST STEP** towards action.

The next time you find yourself procrastinating or putting something off ask yourself, "Am I avoiding this because I expect it to be perfect?"

Stop Information Overload

"It takes discipline not to let social media steal your time." —Alexis Ohanian



Let's face it! In this era of digital media, you can't live without constant updates on what is happening around you. More so during COVID - 19. It would be interesting to know that in general negative events are more memorable and emotionally impactful than good ones and thus you get them all over the place.

Unknowingly this is creating a negativity bias in us which to a major extent impacts our level of motivation.

Here, I am listing 3 strategies which you can use to combat the effect of digital media in your life so that you have more free energy for developing self - motivation and a positive mindset.

Limit Your Exposure to Media Coverage

Choose specific times of the day when you will get updates and be sure they are from reliable sources of information. Especially with social media where looking at the highlights of someone else's life can give us a false sense of hopelessness or make us feel left behind. So instead of checking frequently setting aside a **'Happy Hour'** everyday **for one hour** for checking on your social sites can do much help. .

Try One-Day Digital Detoxification Routine

To request this is hard but certainly, it's do-able! Take a break for **at least** one full day (weekends could be a good option) in a month from any sort of digital media. Instead, read or re-read your favourite book, play music, play with your children, go cycling, be with nature to rejuvenate yourself. The Brain gets an instant recharge plus it helps to reconnect with yourself even if its for one day a month.

Avoid Checking Smartphone in the Morning

Immediately after waking up in the morning resist the temptation of checking on emails, social media updates, likes for your posts etc. as because any elements of stress, anxiety or negativity that you develop from them will be immediately picked up by your brain and this feeling will set the tone for the rest of the day. Instead, listening to positive music, meditation, doing morning affirmations, light exercising or yoga will give you a perfect start to take on the day.

Overcoming Fear Of Change

"Your life doesn't get better by chance it gets better by change" — Jim Rohn



Humans are security and comfort-seeking beings and anything that pushes us outside of our comfort zone is viewed as a threat by our brain.

Change is one of the biggest fears people have. Fear of change is generally related to losing a perceived reward. For example: if you decide to get back in shape, you might fear losing out on your favourite pizza, as chances are you will be put on a new diet.

But what if in life, you get to a point where you're ready or you have to make that decision to change. Will you be hesitant to do it?

Overcoming fear of change is done in a detailed systematic process in life coaching.

Here are 2 simple strategies for overcoming fear of change:

Ask Questions to Put Things Into Perspective

- What is the Pain you associate with changing?
- What is the Pleasure you've gotten from not changing?
- What is the Pain that will happen if you Do Not change?
- What is the Pleasure you will experience if you Do change and create the desired outcome?

Seeking Experienced Advise

Seek expert advice from persons who have done it before you (especially those who have done specifically what you're trying to do). Ask what induced them to make a change, how they did it and how it made them feel. This will help you find a direction in your quest.

Maintain A Journal

"Journaling is like whispering to one's self and listening at the same time."

—Mina Murray



Regular journal writing can serve as a reminder of mistakes you've made, accomplishments you're proud of and great moments you want to remember. Journaling also helps to build better habits, clear your minds and help you de-stress.

Various types of journals can be written on different aspects according to your need.

Here I will be talking about maintaining a daily "Mini Goals" (can be used for your professional or personal life) journal.

8 Ways To Stay Motivated No Matter What!

Here is the process:

- Keep small achievable goals every day for yourself that will help you progress and add up to your big goal.
- Keep a record of the number of goals that you accomplished during the day (you can write it down as soon as you complete a goal or you can write in total at the end of the day all at once. Choice up to you).
- Before retiring for the day check and congratulate yourself on the accomplishments. This will energize you for the next day to accomplish more goals.

Say No to “Should” and “But”

“Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough.” —Josh Billings



Replace Your Excuses with commitments!

We all use common phrases we've picked up while growing up that are nothing more than excuses. By becoming aware of them, questioning them, and changing the way we view the underlying fears behind them, we can change the way we empower ourselves.

When you catch yourself saying “but...” it's a signal that you're about to make an excuse for why you're not living your life the way you want—on purpose! Catch yourself and rephrase your excuse into positive affirmations that will help you stay committed.

8 Ways To Stay Motivated No Matter What!

For Example: When you face a challenge and feel the urge to say, "But It's Too Hard" say Instead, "Let's check out the magnitude of the challenge".

Similarly, change most of your "**Shoulds**" to "Musts". For Example No saying, "I should do this" rather say "I must do this". This immediately gives you a sense of commitment!

More positively we alter our thinking, more positive impact we can expect.

Practice Self-Kindness

Self-compassion is simply giving the same kindness to ourselves that we would give to others— Christopher Germer



We are sometimes extremely harsh on ourselves. We often become our own worst critic!

Stop punishing yourself for your mistakes. Accept that you are not perfect and be gentle with yourself when you are faced with your shortcomings. This impacts your motivation and self - belief level tremendously.

Always remember you are recognized by your friends and family based on who you are and not by your worthiness.

Here are 3 strategies that will help you to practice Self Kindness easily.

Remind Yourself of Your Worthiness

Refer to my blog titled "How to gain massive confidence when you are at your weakest" on www.coachable.in

Be With Like-Minded People

Remember to surround yourself with people who can lift you up and not those who only bring you down.

Catch Yourself Self-Blaming

When you catch yourself self-blaming, think of how would you react in the same situation with a friend. Will you berate a friend who is hurt or experiencing the same level of agony as you are going through?

Perhaps Not! Then give yourself the same level of compassion as you'd treat others

Remember, you are doing the best you could given the circumstances.

Bonus Chapter

Stop Trying To Figure It Out On Your Own



It would be great if life had only ups and no downs, but life just isn't like that. But when things get tough most people don't have the tools to work through it, learn from it and keep moving forward. Hence, most people give up.

If you are experiencing any such obstacles in your path of progress in life and you can't figure out the way, then a life coach is there for you.

A coach will help you actively create all parts of your life. Whether it's getting started on goals, staying motivated, dealing with outer and inner challenges such as fear of failure that get in the way of you reaching your goals. Some common areas in life where a life coach can help you are lost confidence and self-esteem, procrastination and lack of productivity, stress, finding life's purpose, among others.

Final Words

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us....”

—Marianne Williamson

The world of positive psychology is vast like an ocean. But the purpose of it is simple, to allow individuals to build a **life of meaning and purpose**. And it all starts with your firm commitment to make the change for the betterment of yourself.

All the methods written above will remain in this book if you do not commit yourself to work with it. Once you do you will start unveiling a wonderful world of self-transformation.

Live With Joy!

Much Love!

P.S. It will be great to know how this e-book has worked for you!

You can email me your feedbacks at nilanjan@coachable.in

About CoachAble

We are a life coaching organization. We help people people who are at a crossroads in life to create long term sustainable change in their lives.

We conduct coaching sessions in the following areas :

Confidence & Self Esteem Coaching

Life Purpose Coaching

Transformation coaching

Happiness & Mindfulness Coaching

For coaching assignments you can contact us at:

info@coachable.in (or)

you can visit our website: www.coachable.in

