

Get Motivated When in a Slump

Even the most motivated of us can feel unmotivated at times. In fact, sometimes we get into such a slump that even thinking about making positive changes seems too difficult.

But it's not hopeless: with some small steps, baby ones in fact; you can get started down the road to positive change!

1. **One Positive Thing.** Even when you have had a crazy day, pick one thing that you accomplished today – even so little as returning your phone messages. Forget the rest!
2. **Squash negative thoughts; replace them with positive ones.** Recognize negative self-talk, which is really what's causing your slump. Just spend a few days becoming aware of every negative thought. Then, after a few days, try squashing those negative thoughts like a bug, and then replacing them with a corresponding positive thought. Squash, "This is too hard!" and replace it with, "I can do this! It sounds corny, but it works. Really.
3. **Find inspiration.** Inspiration typically comes from others you admire who have achieved what you want to achieve, or who are currently doing it.
4. **Start small. Really small.** If you are having a hard time getting started, it may be because you're thinking too big. If you want to exercise, for example, you may be thinking that you have to do these intense workouts 5 days a week. No — instead, do small, tiny, baby steps. Commit to 20 minutes of exercise every other day, and work your way up.
5. **Think about the benefits, not the difficulties.** One common problem is that we think about how hard something is. Exercise sounds so hard! Just thinking about it makes you tired. But instead of thinking about how hard something is, think about what you will get out of it. For example, instead of thinking about how tiring exercise can be, focus on how good you'll feel when you're done, and how you'll be healthier and slimmer over the long run. The benefits of something will help energize you.