

Staying Motivated

By Stuart Reid

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Some people are lucky and possess boundless energy. Others seem to have no "get up and go". Some, like myself, alternate between the two. How do you get that drive and ambition? You need something to motivate you!

Feedback is important for motivation. If you know you are reaching someone then it helps. If you feel you are not then your own enthusiasm can only carry you so far.

How else can you increase motivation?

Firstly - do something you enjoy! Pretty obvious. If you aren't enjoying it you won't keep doing it!

People are important. Either those you write for or are providing support for or those around you.

Make sure you have enough time. Prepare things in advance so there's no pressure. Keep to deadlines.

Have a comprehensive plan and a set of goals for whatever you do.

Take breaks. Give yourself a treat when you achieve something important.

Get rid of the things you don't like doing as quick as you can.

Savour the things you enjoy. Start the day with something you like, and end the day with something you like - try and squash those horrible bits somewhere in the middle!

Hope this helps!

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