

Staying Motivated while Motivating Others

Think of the most dynamic and positive person you know. Do you look forward to interacting with them? Do they excel in school or in their job? Do they have an active social life? Odds are that if you answered “yes” to all three questions the person you have in mind is a highly motivated individual. Motivation by definition is the act of giving motive or a movement toward action. The goal of this information is to show you how you continue to give yourself motive and how to move others around you toward action.

How Do I Stay Motivated?

For many leaders, getting motivated to take on a task or project is not difficult, but when obstacles arise, that positive movement forward and your motivation can waiver. It can become stalled, and the key to motivation is movement; it is change. Here are some tips to help keep you moving and to keep you motivated.

Find the Good

Sometimes it is easy to forget the reasons why we are immersing ourselves in a project or task. If this happens and you're not feeling as motivated as you were before you began, it is essential for you to take a step back and find the good in what you are doing. By taking a look at what is gained by completing your project or task, you will be more encouraged to continue on toward your goal.

Make Your Goal Known

Just having a goal isn't enough. To stay motivated toward accomplishing that goal, it is important to tell others about your goal. If others are aware of the project or task you are undertaking, you will be more likely to hold yourself accountable for completing the task.

Have Fun with It

If you make a list with items that range from cleaning your bedroom to going to a movie with friends, what are you more motivated to do? For most of us, we would choose the movie with friends and other fun items on the list over cleaning our bedroom any day. This shows us that we are more motivated to take part in activities that are fun. Translate this idea into your projects and tasks that require more motivation. (i.e. use the movie as a motivator to clean your room).

Motivating Others

While motivating yourself may be an easily remedied problem, keeping others motivated can be more difficult because we do not have control over the actions of others. But that doesn't mean that you cannot influence their actions. Here are some helpful tips on keeping those around you motivated.

Get Excited

Excitement is infectious, so when motivating others it is important to portray a level of excitement that others will want to emulate. It is as simple as going to work, a class, or an event with a smile on your face or by greeting others with a positive attitude.

Walk the Talk

It is vital to remember that the people around you are more likely to be motivated toward completing a project or task if you are. This means that you might have to lead by example. If you show interest and excitement about an event then your co-workers or group members will be more likely to as well.

Keep Everyone “In the Know”

As the leader of a team it is important to share information with the people you are working. They will be more likely to take on responsibility with more gusto if you are willing to share your ideas and the decisions you are making with them.