

S H E E R L U X E

SEVEN SIMPLE STRATEGIES TO GET MOTIVATED FOR WORK



*Don't be down about summer's disappearance and the impending long slog to Christmas. Here are seven simple strategies to help you get motivated for September, courtesy of Happiness Coach, Founder of Happyologist.co.uk and Author of *Screw Finding Your Passion*, Susanna Halonen.*

1. Be kind to yourself

This is the time to cut yourself some slack and stop the self-criticism. It takes time to get back into the groove of things and that's ok. Take it step-by-step. Slowly build up your schedule and your tasks to the level they are usually at, putting off anything you can delay and focusing on the urgent priorities.

2. Make sure you're incorporating some downtime into your life

One of the reasons we love holidays so much is because they enable us to totally relax, recharge and unwind, so schedule moments of unwinding, or "mini holidays", into your day-to-day life. It could be as simple as no technology or email after 8pm, making your Sunday a "me day" where you focus totally on doing what you want to do, or find an activity that really unwinds you.

3. Schedule one thing everyday that excites you

Remember you are the master of your life so you have full control of what you do. Go and try out the new coffee place in the morning before work, book a lunch date with a good friend in your lunch break, or start reading that book that you've been meaning to read for months. It doesn't matter how big or small it is, as long as it's something that you look forward to.

4. Remind yourself why you do what you do

You are in the job you are for a reason. Even if it's only to pay the bills, be grateful that you have a roof over your head, feed yourself and do some extra things in your spare time. Sometimes we just need a little perspective and reminding yourself of your why can really help with this.

5. Identify where you are going

Reminding yourself of where you are and where you want to get will give you direction and purpose. It will be easier to get out of bed everyday when you know what you're working towards. Think of any goals that you have for the rest of the year and make a clear plan on how to reach them. Then, take step one. With each step, you will feel more motivation.

6. Book your next holiday

Just the research phase alone will inspire you when you see all the possibilities out there. Having a point in the distance to work towards increases your motivation.

7. Take care of yourself

Get plenty of sleep, eat nutritiously, and exercise daily – in moderation. Don't go into extreme bootcamp mode if you've lost some of your exercise rhythm over the holiday period. Everything gets easier when you feel well.

*For more insights like these, sign-up for free updates from Susanna Halonen, the Happyologist, at Happyologist.co.uk or shop her book *Screw Finding Your Passion*.*

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