



# Maintaining Your Motivation

*Powerful Ideas   Practical Solutions   Personal Approach*

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In my travels, I have the amazing opportunity to meet so many people who are truly passionate about some element of their work or life. I only have to be around them for a few minutes before I find myself thinking, “What drives them? Why are they so motivated when others with more talent, resources or connections aren’t nearly as motivated.” Here’s what I have learned from them and applied to my own life to maintain my drive to achieve excellence. Enjoy!

**Surround yourself with “fillers.”** In his book, *Margin*, Dr. Richard Swenson says there are three types of people in our lives: Fillers, Drainers and the people who just sit there. Too often, he continues, we spend too much time around the drainers and not enough around the fillers. The most motivated people I know have one or more people in their life who are a constant source of positive energy and motivation for them. Who are the fillers in your life?

**Take care of your physical health.** Mr. Herman Croom, a phenomenal teacher, once told me when I was entering education, “You have to feel good to teach well.” Rest, nutrition and exercise are critical to sustaining motivation regardless of your career or life plan. Caffeine, sugar or (cough) nicotine will only get you so far.

**Create a sense of urgency.** The old quote that *the road of someday leads to a town called nowhere* is so true. People who have a heightened level of motivation have discovered some pressing need to get the job done-NOW! Even while at work today you can increase your motivation to get things done by saying to yourself, “I don’t want to lie in bed tonight regretting what I didn’t do today.”

**Spend more time asking, “What If?” instead of thinking, “If Only...”** The past is just that-the past. Highly motivated people make mistakes, learn from them and move on. Way too much mental and emotional energy is wasted looking back when it could be used to discover something of greatness in the present moment.

**Celebrate what IS going right more often.** How motivating is it to think about what isn’t going right or well? Even if you have to really dig deep to find something-do it. If you can’t think of anything, refer to my first tip, “Surround yourself with fillers.”

**Serve others.** One of the roots of a lack of motivation is the feeling of “O woe is me-look how bad my situation is.” Spend time volunteering to help those less fortunate than you (and there are many) and you will begin to realize that you have a lot more going for you than you thought.

**Read.** There are countless stories of people accomplishing amazing things. Read enough of them and you will find someone that sounds a lot like you. Now you have a model, blueprint and possibly a mentor if you reach out to them. Most motivated people are more than happy to help others discover their own source of motivation.

*With a passion for success that is instantly infectious and a wit that will have you laughing from his first sentence, author and speaker Jones Loflin equips individuals with real tools to conquer today’s tsunami of work and life challenges. Learn more at [www.jonesloflin.com](http://www.jonesloflin.com)*