

## **Motivation and not giving up**

Have you ever set a goal for yourself, like getting fit, or being picked for a team? Like lots of people, maybe you started out doing great, but then lost some of that drive and had trouble getting motivated again.

You're Not Alone!

Everyone struggles with staying motivated and reaching their goals. Just look at how many people go on diets, lose weight, and then gain it back again!

The reality is that refocusing, changing, or making a new start on something, no matter how small, is a big deal. But it's not impossible. With the right approach, you can definitely do it.

### **Getting Motivated**

So how do you stay motivated and on track with your goal?

It all comes down to good planning, realistic expectations, and a stick-to-it attitude.

Here's what you need to do:

First, know your goal.

Start by writing down your major goal. Your major goal is the ultimate thing you'd like to see happen. For example, "I want the lead roll in the concert," or "I want to get fit enough to make the cross-country team," or even, "I want to play in the Olympics" are all major goals because they're the final thing the goal setter wants to see happen (obviously, some goals take longer and require more work than others).

It's OK to dream big. That's how people accomplish stuff. You just have to remember that the bigger the goal, the more work it takes to get there.

Make it specific.

It's easier to plan for and master a specific goal than a vague one. Let's say your goal is to get fit. That's pretty vague. Make it specific by defining what you want to achieve (such as muscle tone and definition or endurance), why you want to get fit, and by when. This helps you make a plan to reach your goal.