# Tips for Increasing Your Motivation Today

Motivation is the driving force that inspires us to take action to achieve our goals. Everyone has experienced a time in their life when their motivation takes a downward turn. It is important to remember that at the end of the day, your motivation starts and ends with you. You can wake up feeling inspired and crush your day, or you can sit around the house and be lazy. Ultimately, the choice is yours. Here are several useful tips to help you increase your motivation starting today.

**Tip #1 – Set Clear Goals**

Many times our lack of motivation happens because we haven’t set clear goals for ourselves. If you don’t know what it is you are trying to accomplish, how can you expect to stay motivated? When you set clear and specific goals, it helps to focus your attention on what matters most and provides you with the motivation you need to continue on when things get tough.

**Tip #2 – Find Your Why**

If you find yourself struggling to find your motivation, it may be because you haven't found your "why" yet. When people fail to achieve their goals in life, it is usually because they haven't taken the time to discover what it is that makes them come alive. We are more motivated when we feel like there is a purpose to what we are doing and where our efforts contribute to the greater good. To identify your why, you'll want to ask yourself the following questions:

* What is it that makes you come alive inside?
* Where do you add the most significant value?
* What are your innate strengths?
* How will you measure your life?

When you find yourself running into roadblocks on your way to achieving your goals, step back and reassess your “why.”

**Tip #3 – Prioritize Your Health**

Your level of success in life is determined by how you take care of yourself. If self-care isn’t a top priority in your life, everything else suffers, which can cause you to be more distracted and less motivated. Try creating a morning ritual and make a habit of waking up and engaging in activities that will increase your motivation. If you want to improve your motivation, then you have to make your physical health a priority.