

Staying Motivated and Managing Your Energy

There are days when you feel you're at your best, and everything seems to fall into place. And sometimes, you have days when the opposite happens, and everything feels like a chore. You feel uninspired and unmotivated.

Fulfilling your goals and visions is important. However, finding the motivation to pursue them is a different matter. In this activity, you'll get the opportunity to reflect on the five areas in your life that affect your motivation. Completing this activity will give you tools for maintaining your motivation and performing at your optimum.

QUOTE TO REMEMBER

'You don't want to be so emotionally and physically drained — that's going to impact your motivation. If you're running on empty fumes, your body is not going to, even your mind, it's not going to work properly.'

Activity: 5 Areas Affecting Your Motivation

In this episode, Annemarie mentioned five different areas which affect your motivation and performance. This activity will look into your disposition in each area.

Environmental

Getting to know yourself better makes you understand how you do your work. Knowing your strengths and weaknesses builds a better environment, which will ultimately affect your motivation. Annemarie mentioned methods like the MBTI and Kolbe A, which help people to understand themselves more.

In the past, have you taken similar aptitude and personality tests? How did these affect your work ethics? Share some relevant instances.

In the episode, Annemarie mentioned some techniques she uses to keep herself motivated. An example of this is giving herself deadlines. Do you have techniques you do to keep yourself motivated? Write them down below. How effective are these techniques?

Practical

This area revolves around focusing and being clear about your goals. Everything you're doing must be in line with your goals. Doing things outside your goals will only leave you tired and unmotivated.

List down your short-term and long-term goals and identify the steps you're taking to fulfil these goals.

Short-Term Goals	Long-Term Goals
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Steps I'm Taking	Steps I'm Taking

Physical

This area highlights the importance of taking care of your body. It's like giving yourself the proper fuel to keep your engines going.

On a scale of 1-5, rate how well you take care of yourself in terms of the given factors. Explain why you gave yourself such ratings as well.

Fitness	Food and Water	Sleep
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Rating: _____	Rating: _____	Rating: _____
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Emotional

This area is concerned with how you deal with your emotions. Addressing your emotions is better than bottling them up. Disregarding how you're feeling will only inhibit your motivation further.

How do you handle your emotions? Were there instances where your feelings affected your motivation and overall performance? Do some reflection and share your thoughts below.

Spiritual

Your spiritual growth helps maintain your motivation. Annemarie shares how reading the Bible and having prayer time helped strengthen her spirituality and motivation.

How do you describe your spirituality? What are the steps you're taking in building a stronger spirituality?

Which among these areas do you find yourself to be struggling with? How can you overcome your difficulty or get around it?

What You'll Learn from this Activity

This activity tackles the environmental, practical, physical, emotional and spiritual areas of your life. Learning about how you deal with these key areas is crucial to staying motivated.

The first area states that your working environment must be conducive for you to perform at your best. The practical area relates to your goals and the actions you're doing to fulfil them. Having a

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sound mind and body is also important in maintaining your motivation, and this is what the physical area values.

Surrounding yourself with people who help you grow emotionally is important as well. This gives you an avenue to deal with your emotions healthily. Lastly, having a strong spiritual connection is also vital to be motivated.

Performing poorly in one of these areas will affect your performance in other areas. Thus, it's important to handle them all at the same level of excellence and dedication.

This activity will help you realise which areas you need to improve. It's important to take action about the changes you need to make regarding these areas. Hopefully, by completing this activity, you're one step ahead in keeping yourself motivated.