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Motivation: How to get started and staying motivated.



Motivation: How to get started and staying motivated

3-minute read

Most people want to change at least one thing in their life. But it can be challenging to find the motivation just to make a start. It helps to understand what motivation means to you so you can find your own ways to get motivated.

What is motivation?

Motivation is the drive to achieve your [goals](#) or needs. It is influenced by:

- how much you want the goal
- what you will gain
- your personal expectations

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Learn how to define your goals and to put together a plan for how you'll achieve them.

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Motivation is what drives us to make the things we want happen - but staying motivated isn't always easy.

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How can I stay motivated to maintain a healthy diet for weight loss? Dietitians Association of Australia

How can I stay motivated to maintain a healthy diet for weight loss? We know setting goals is a key part of meeting your target, and weight loss is no different

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Goal Setting

When setting a goal for yourself it is always a good idea to make it a SMART one!

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Advice and tips on how you can approach musculoskeletal pain and form a co-management plan through settings goals and applying pacing to your movements.

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Kids' Health - Topics - Goal setting

Have you ever had dreams about what you would like to be when you grow up, how you will play in your next game, how you will go in your test, or how you could learn to play a guitar?

→ [Read more on Women's and Children's Health Network website](#)



Low-fi life goals | Setting goals | ReachOut Australia

Not everyone can be an Olympic athlete or a Nobel prize winner, but Angie argues that personal achievement is all relative.

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Setting goals | ReachOut Australia

Learning how to set goals will help you to plan your future, and clarify what's important to you. The first step in achieving them is deciding what they are!

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Setting goals and solving problems

Effective problem solving is one of life's most useful skills we use every day to deal with challenges at school, work, home, and in our relationships. The ability to break issues down is also good for our mental

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