

How to keep pressing forward towards your goal

You have goals, I have goals, we all have goals. Everyone has something they want to accomplish. The problem is wanting and doing are two different things. You can want something until the cows come home, but until you find the motivation to act, you will never achieve what you desire. Once you find the motivation to take the first step, then you must keep the momentum going. That's where it gets even harder! Momentum is what will keep you progressing forward towards your goal, no matter what.

The problem with momentum is that it is easy to lose. If you're not intentional about taking the next step, you can find yourself at a standstill or even worse, going backwards and losing what you've gained.

So, how do you keep the momentum going on the hard days when you feel like giving up or you feel stuck. Let's look at some things you can do to keep pressing forward even when it's tough.

“How to keep pressing forward towards your goal!”

Recommit every day –

It's easy to think because you have a certain goal in your mind you will just automatically do what you need to do to accomplish it. Unfortunately, our human tendencies are to do the opposite. Typically, you will find yourself doing the things that are sabotaging your success. For example, I know I should exercise, but I would rather watch this T.V. show

instead, or I know I should spend some time working on my business, but I would rather clean out my closet. It's easy to find all kinds of excuses not to do the hard work required to get the results we truly desire to get. You must recommit every single day to what it is you have decided to do. Each morning, stick the stake in the ground and make a verbal acclamation to yourself that you will do what it takes to get to where you want to go.

Find a role model –

There is nothing that can light a fire in you more than seeing someone accomplish what you are working towards. Success stories are the best motivators. The phrase, "There is nothing new under the sun", is true! No matter what you are wanting to achieve, there is someone who has successfully done it. Your job is to find them, study them, and learn from them. You can find others who are on a similar journey as you and start a support group or an accountability group. Success is never accomplished alone; it takes a village.

Keep your eye on the prize –

What is your biggest dream? In the hustle and bustle and during life's difficulties, the one big thing you really want to achieve can slip your mind. The hardest part of keeping the momentum going is losing sight of where you wanted to go in the first place. Where are you going? What is it you desire the most? Identify your biggest and wildest dream and write it down. Make sure you have reminders all around you of what it is. You can use a vision board, sticky notes, a journal, pictures, or whatever you want. It doesn't matter how you do it, but always make sure you keep your eye on the prize. Don't allow yourself to forget why you want to achieve your goal in the first place.

Don't be fooled –

Don't buy into the lie that just because you make a mistake,

you need to give up all together. Remember, disappointment is not disaster. You will never do everything perfectly and you are going to make mistakes. There is nothing that can kill your momentum quicker than self-doubt and negative self-talk. When you make a mistake, let it go. It's okay to be disappointed in yourself, but it is not okay to throw in the towel. Don't be fooled into believing that simply because you stumbled, it's all over. A disappointment is only a disaster if you quit and give up on your goals and dreams because of it.

Take the next right step no matter what –

Action is the foundation for momentum, and the best way to start is to start. You are going to have days you feel stuck but find a way to take the next move. You may not want to do it, but the emotion will follow your action. Sometimes it feels like you're taking three steps forward just to take two steps back, and that is totally okay! One little step in the right direction will still get you to your destination eventually. Remember that momentum begets momentum, so just keep taking the next right step no matter what!

Momentum is not a strategy; you can't force it. Momentum happens with a whole lot of intentional hard work. It starts with the right mindset and the willingness to do what it takes to keep making the next right step.

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