



9 Daily Practices To Keep You Motivated

Sacha Desmarais

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There are always going to be challenges along the way to achieving your goals, no matter what they are. But if you can make a plan that is easy to follow and you stick to it, you can have an unfair advantage when you come across these challenges.

Here are my TOP 9 Daily Practices that keep me motivated and inspired. (Now don't get me wrong. These steps are very easy to follow, but some days it can be very, very challenging!)



Putting your goals in writing is an amazing tool, and having them up on your wall in the form of a vision board is also powerful! You can have it up in your office, in your kitchen, or even in your bathroom. Seeing your goals every day can keep you motivated, and help you stay focused on what you are actually trying to do.

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In my office I have a white board with my goals written down, as well as my vision board with images that inspire me. You can cut out images from magazines, newspapers, or print them out from google.

Another hack that I have is to put my goals into my reminders on my phone, and have them pop up at different times throughout the day. This way I get alerts that mean something to me.



We have all heard this a million times, but it's only because it's true. There are so many ways you can exercise, and everyone has their opinion on what is best. There is only one right way, and that's the Nike way, "Just Do It." Getting a coach is a great idea too. They can design a program to suit your goals, give you guidance on nutrition, keep you motivated and accountable. You can have a coach whom you can see face to face, or an online coach. When looking for a coach, I recommend that you interview them first. After all, you are hiring them to work for you!

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There are many forms of meditation, and there is no right or wrong one to choose from. It's more of a personal decision when choosing a style. There are also plenty of meditation apps for your phone that you can use for free, and is a great way to get started and learn.

Whether you do it for 3 minutes, 30 minutes or an hour, the idea is to do it. Meditation is also known to reduce stress, improve concentration and promote a healthier and happier lifestyle.

I like to do anywhere between 5 and 10 minutes a day.

"You are the average of the 5 people you spend the most time with" – Jim Rohn

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I heard once that if you were the smartest person in your street, it was time for you to move! It's so true. This happened when I used to play golf. If I was put in a group of hackers who would take forever to get to the green, I found my game would get worse by the time I got to the 18th. But when I was in a group of golfers who were much better than me, my game would lift. The point of the story is that when you surround yourself with people who are at a higher level than you, or where you want to be in life, your game will lift.

Ways you can surround yourself with the right people:

- Seek friends who challenge you in a positive way
- Get rid of negative people in your life
- Join a mastermind group (people who share your interests)
- Attend network functions
- See number 5



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Listening to audio books or podcasts can be a great way to get motivated or inspired. I love to listen to these when I'm driving or in the gym. It's an opportunity for me to learn new things from people that I admire. I have been attending automobile university for nearly five years now, and I'm definitely going to enrol next year!

There are podcasts and audio books on many different topics, so whatever you are interested in, there will be something out there for you. Podcasts are great too because pretty much all of them are free. One of my favourites right now is "The GaryVee Audio Experience" with Gary Vaynerchuk, which is a podcast for entrepreneurs. Ted Talks are another good choice, with a variety of topics. There are so many out there, just type in your interests when searching for podcasts and give it a go. If nothing comes up, guess what? You have just found a new niche!

Having someone you can talk to is so important. This should be someone other than friends and family, someone who is more experienced in the area you are interested in. It doesn't matter how old you are, or how old your mentor is, if they have certain expertise and are willing to mentor you, then go for it!

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You have to deal with the reality of the situation; complaining doesn't do anything. The reason complaining doesn't work is because it doesn't accomplish anything. It's easy to blame others or things for your problems, but it's not going to solve the problem. Start to focus more on what's right, and take responsibility for everything that happens, good or bad, your fault or not.

I was reminded by Gary Vaynerchuk, entrepreneur, four-time New York Times bestselling author, speaker and internet personality, that the odds of us even being born are more than a 400 trillion to one. How lucky is that? We only have one life to live, don't waste it complaining. If you take responsibility for everything, then you regain control. When you are in control, and something comes up, you own it!

No matter what happens in your day, find three things that you are truly grateful for. This is a great way to stop, slow down and reflect on what's really going on, and you can do this anytime! It is also useful in those moments you feel like nothing is going your way. When you can still see what's good in your life, it strengthens you and helps you through the bad. I like to do this before I go to bed, as it helps me end the day on a positive note.

Doing all these things that I have talked about to keep you motivated comes down to one question, "WHY?"

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What is your purpose? Why do you get up in the morning? Why do you grind it day in and day out? Probably the most famous person asking this question at the moment is author Simon Sinek. He has written a book called “Start with Why,” and has a famous TED Talk with the same title.

Although I’m finishing my list off with Why, I just want you to remember start with Why. Your Why is what keeps you going through those trying times. If you want to do anything in life start with Why, because as Mark Twain once said, “The two most important days in your life is the day you were born and the day you knew why.”

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Sacha is an online Lifestyle Transformation coach who is dedicated to helping others create the life of their dreams. He combines life coaching, wellness coaching, personal training and mindset techniques to help his clients create self-awareness, get a clear vision of their goals, break through their fears, and create the lifestyle they desire.

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