In Physics, Newton’s First Law states that as long as there are no outside forces acting against the momentum of an object, an object in motion will remain in motion. Newton’s Second Law states that if a force is applied to an object that is greater than the mass of the object, the force will cause the object to accelerate.

Consider all of your goals as a single object that has a mass that fluctuates as you add or take away responsibilities, stresses, and unforeseen challenges that pop up in your daily life. As there are always things you need to take care of, you will always have some kind of opposing, outside force acting against your goals, but if you can find the right supportive force to keep you moving forward, you can maintain your momentum and your success. What is this force? It’s called motivation.

Motivation is what helps you get up every morning and hit your goals hard. When you’re motivated, your energy levels are high, the work feels easier to complete, and the outcomes seem so much stronger. But when you’re unmotivated, it’s easy to feel sluggish, resistant, and fatigued. The simplest task feels like a giant chore. And the longer that unmotivated feeling persists, the harder it becomes to maintain or even recover your momentum. You start to decelerate until it feels like you’ve stopped completely.

If you’ve started to feel yourself slow down or have hit one too many roadblocks to pick up the speed that you need to achieve your goals, consider these momentum-boosting tips.

- Hitch a ride with a rocket-powered peer! There are people around you who know exactly what they want and how they’re going to achieve their goals. For these people, maintaining a sense of momentum is never an issue. Follow their lead, find ways to support each other, and network your way around the challenges that will slow you down.
- Make short-term goals your best friends. Short-term goals are the easiest way to measure and track your success every day, week, and month. And best of all, they add up fast, so you can look back and see just how much you’ve accomplished on your way to long-term success!
- Uncover the forces in your life that contribute the most to your deceleration. Which people, activities, and situations pump the brakes for you? Determine how to approach each opposing force to reduce the frictions they create for you.
- Do something about your goals right now, today. Don’t wait until tomorrow. If you only have a handful of minutes, do something small that you can build on tomorrow and the next day after that.
- See challenges as something to overcome, not roadblocks or setbacks. Changing your perspective can help you take control of a situation. You become the one who defines the challenges in front of you and uncovers the hidden positives in every scenario.

Are you looking to stay motivated?
Contact WellConnect today for tips!