

HOW TO BE MORE MOTIVATED IN THE WORKPLACE



Working at the same job day in and day out can quickly cause a lack of passion, excitement and motivation for your job. Whether you are working up the ladder, in a position you hope to have for the remainder of your career, or just starting out, it's easy to lose interest in what you do each day. But hope is not lost, and you can still find more motivation in the workplace with the following tips.

Find Passion in Your Work

If you are losing some of your motivation, try to remember why you chose that job in the first place. Find something you still **love about your work**, whether it is the job you do, a feeling of accomplishment, or little things like the work environment, your co-workers, the short commute, or having a boss you can easily communicate with. Finding passion and fulfillment in your job quickly leads to being more motivated each day.

Challenge Yourself

Sometimes the problem isn't that you no longer like your job or don't have passion in what you do, but that it has become too easy. If you have been doing the same daily work duties for a few years, you might simply be bored with it. Try to challenge yourself, ask for more responsibilities, and seek other opportunities within your company. Ask for these challenges as it can help you find new reasons to be motivated and work hard.

Don't Forget About Your Personal Needs

It is very easy to completely forget about yourself when you're a working adult, and this can lead to lack of motivation by not being healthy. Think about your physical and emotional health by getting enough exercise, taking vitamins, eating right, and seeking emotional fulfillment. **Try to separate your home and work life** so that once you get home, you are only thinking about yourself, relaxing, and spending time with family and friends. That way, when you are at work, you feel ready to take on your career responsibilities.

Set Realistic Career Goals

Another great way to motivate yourself in your career is by **setting some goals**. Always keep your goals realistic and attainable, even if it might take a few years before getting where you want to be. Look at small changes you can make to meet your goals, as every small goal you reach, you feel like you are accomplishing something great.

Surround Yourself by Motivating People

The people around you also make a big difference in how motivated you are in the workplace. If you are not spending time with the right people, it can be a real damper in how you feel about your job. Spend time with co-workers that have passion and contentment in their jobs, and it is bound to rub off on you.