

Find (and keep)  
your motivation for 2023



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About Me



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Trainer 6+ years  
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Our Topics today:

- Identify what inspires you
- Harness your drive
- Put things in action
- Learn from failure
- Set and achieve your goals



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Why do You want to feel motivated?

Your 'Why'?

- Present your best self
- Inspire others
- Be self motivated
- Be more resilient
- Achieve more
- Eager to succeed
- Learn from mistakes



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Find your Inspiration:

**Identify:** What is your dream?  
**Change:** Try something new  
**Write:** Note some ideas  
**Aware:** What is happening now?  
**Boost:** Self-esteem and worth  
**Fear:** What would you do if you were not afraid?  
**Positive:** Hang out with positive people  
**No Pressure:** Be kind to yourself

## What Inspires You?



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Be Determined to Succeed:

Become laser focused on what you want to achieve  
 Get organised  
 Make a plan (and stick to it)  
 Set goals  
 Be patient  
 Be persistent  
 Get motivated  
 Celebrate achievements

## Harness Your Drive



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Put your words into action:

Make a list  
 Set a (realistic) timetable  
 Prioritise your time and efforts  
 Many small goals = One big goal  
 Plan and Schedule  
 Reduce Distractions  
 Communicate

## Put things in action



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Accept that it didn't work this time  
 Recognise how you feel  
 Be constructive, what can you learn?  
 Don't give up, keep going  
 Opinions - everybody has them  
 Focus on the future, make a decision

## Learn from Failure

In life we are either Winning or Learning




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SMART Goals:

- Specific
- Measurable
- Achievable
- Relevant
- Timely

## Set Goals

If you don't know what to measure, how will you know if you are succeeding?




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## Set & Achieve (SMART) Goals

If it's not written down, it is just a wish not a goal.

<b>I will....</b> Be accountable to yourself.	<b>Tell me...</b> Make it real, tell somebody.
<b>One Step...</b> Take it one step at a time, keep going.	<b>What could stop you?</b> Identify obstacles and avoid them.




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## Top Tips

- Focus on enjoyable elements
- Harness the influence of others
- Rewards and Incentives
- Stop Procrastinating




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## Summary

- Identify what inspires you
- Harness your drive
- Put things in action
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Find your motivation and learn to keep positive, you will achieve more and enjoy the journey.

Thank You

