

Finding Motivation at Work

Do you ever have those days where you can't quite pull yourself out of bed when the alarm sounds? Many times we have these days because we don't have the motivation to go to work and do our jobs. This occurs for many reasons, for some people they just haven't gotten enough rest, for others they are distracted by things going on at home, others are procrastinating with things at work, and others simply lack the motivation to go to work! If you would like to combat the lack of motivation that you are currently feeling at work there are a few simple ways to incorporate motivation and inspiration into your day, every day.

Getting Motivated at Work

When you sit down at your desk each morning do you dread the workday ahead of you? Do you have a hard time getting started on your work because you're simply not interested? A great way to get motivated is to think about all of the things that your job allows for you to do. You put food on the table, you are able to pay your bills, provide a place to live, go out for drinks with friends, and perhaps even go on vacations with the family. When you think about all of the great things that you get because you work, suddenly you'll feel motivated to get started and keep pressing on throughout the workday.

If you lack motivation at work because you simply don't like the job all that much, you can still find motivation in what you do. When you are having one of those days where you need something to kick start you, why not envision where you will be in a year, five years, and ten years. When you do this, you will clearly see where you are now as a stepping-stone to where you want to be. When you do this you will suddenly see the importance in the here and now and you'll be motivated to do a good job.

A great way to motivate yourself is to put yourself in your boss's position. If you were your boss what would you expect from yourself? When you start to look at yourself, your contributions to the workplace, and your overall work ethic you can start to look at yourself and your level of motivation in a much different manner. When you are clearly motivated to do well and do the best that you can on any particular job, your boss will be more pleased with you and you may find that you can move ahead in your career much faster than you anticipated.

There are those days when it is really difficult to get motivated no matter what you try. All of the psychological tricks in the book won't work if you are just having a bad day. When you do this, you have to make sure that your environment is motivational. You can enhance the atmosphere as well as make it motivational by using motivational wallpapers for your computer. These can be images or quotes or both that will help you to dig deep and always find the light at the end of the tunnel that will keep you moving forward.

About the Author

Shannon M. Clooney is an inspirational enthusiast and personal development expert focusing on self-growth and motivation. She highly recommends inspirational [free desktop wallpapers](#) and [nature desktop backgrounds](#) to motivate and inspire you on a daily basis.

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