



Struggling to find your motivation this January?



It's a common occurrence. You have a restful and enjoyable break over Christmas. Spend time with family and friends and manage to switch off your business brain and work mindset.

And then all too soon, January appears and you have to get back to work. You may have wanted the break to go on for longer, you may be worried about the backlog of emails, things you put off and you're not too sure how long you can sit at your desk for without becoming easily distracted,

It's no wonder that some people feel anxious, stressed, unable to get into work mode and are generally lacking in motivation. The question then is, what can you do to make the transition as easy as possible? Here are some tips to ease you seamlessly through January and set you up for a more positive and productive year:

1. **Acceptance.** Don't expect to hit the ground running. Give yourself a few days to get used to being back at work. It's important that you take time to refocus, talk to your colleagues and resettle.
2. **Get organised.** Make achievable to do lists with realistic and attainable goals. Get things ready, do some planning, prioritising and spend time working out how you want things to be in 2023. All of these will help to ease you back into work mindset and give you a sense of focus and purpose.
3. **Find a balance.** Don't adopt an all work, no play attitude. Make time for some of the things you enjoyed during your break – walking, catching up with people, being creative etc. Remember personal success is more than just about work.
4. **Take care of yourself.** Look after your body and your mind and that will ensure things remain manageable for you going forwards. Whether that's exercise, meditating, leaving

work on time, having a full lunch hour, or just controlling your breathing, they can all help you to feel calmer and more in control.

5. **Reflect and recreate.** Think about your past successes and achievements and use this as a stepping stone to recreate something similar for the year ahead. It's a fantastic way to get ideas flowing, boost resourcefulness and inspire you for what lies ahead.
6. **Reward yourself.** When you complete a task or meet a deadline congratulate yourself and allow yourself a moment to celebrate your achievements. Did you know that dopamine spikes in your brain when something important is about to happen and gives you a surge of pleasure as you accomplish the task?
7. **Take a break.** No one is 'on it' all the time and you don't need to conquer everything in one day. Resting and or taking time out away from your desk, whether that's 5 minutes or longer, will help you to feel less pressured and avoid burnout.
8. **Don't feel guilty.** If you feel less motivated one day, so what? Perhaps instead of tackling something complex, do a more mechanical or mundane task that requires less thinking, but which you can complete easily and quickly.
9. **Look forward.** Think about all the things you enjoy about work – projects, people, accomplishments and write them down. Look at the list regularly as it will help you to focus your mind and remind you about all the exciting things that can happen in the year ahead.
10. **Team power.** Remember it's not just you that will be feeling like this. Check in with your colleagues and make sure that you have each other's backs – appoint a cheerleader or be one yourself! Remember together you can support and help each other and boost morale and collaboration along the way.

To find out how I can help you adopt a more positive mindset and get into the right headspace, so you can rediscover your motivation, call 07734 080073.