



Motivation

in the workplace

Tips for staying motivated at work



You perform at your best when you're motivated.

Without motivation, you can find yourself losing interest or feeling down at work, and nobody wants that.

Here's how to stay motivated!

Break it down



Sometimes the sheer volume of work can pile up, making you feel unmotivated and causing you stress. Take a step back to reassess your situation. Feeling snowed under? Break tasks down into lists. Make big jobs into a series of smaller jobs and work through systematically - you'll be amazed at what you can achieve.

Treat yourself!



If you're struggling through a huge volume of work, it's important to keep sight of the end point. Promise yourself a treat when you complete a task, it's a great way to help you push through. This could be as simple as getting something special for lunch, making a nice drink or even doing a bit of online shopping. Treat yourself, you've earned it!

Communicate



If you're feeling overwhelmed, unmotivated or even bored at work then don't suffer in silence - talk to your manager! They will be able to offer advice and guidance if you're struggling with your work, or even realign some of your responsibilities to help you on your way.

A motto to live by



Finding some wise words to live by can really help with motivation;

“It’s better to fail aiming high than to succeed aiming low & we set our sights very high, so high in fact that even failure will have in it an echo of glory.”

Bill Nicholson



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