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Motivation in Seven Easy Steps. Though Diane and I already addressed the problem of staying motivated (click here to read it), we continue to have more requests about secrets for staying motivated and decided to tackle this problem again this week. Hopefully you will find what you need to fire up your own enthusiasm here.

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Related: The 7-Step Morning Routine That Transforms My Entire Day. 2. Practice Journaling. The second thing that I do to maintain persistence long-term is to journal every single day to track what I'm doing. I'm not talking about like, "Dear diary, today was a horrible day." I'm talking about tracking in a journal.

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This easy life hack may seem overly simplistic, but it really is one of the foundations of motivation that many of the greats use. 13. Get someone to push you. The last step to motivation for beginners is to get someone to push you. This person is usually in the form of a coach or mentor.

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