The Wall is that nasty resistance that jumps in just when you think you’ve hit your stride. The wall will try to tell you that there's no point in reaching for your goal, you're not getting anywhere, you're never going to get there, etc. It seems like all our inspiration, motivation, and excitement jumped ship while we were sleeping. This is normal and to be expected on the way to achieving a thriving life.

**Remember: You deserve everything good that life has to offer.**

The only thing is, sometimes life isn't simply "offering" it- you have to **fight** for it! Let's go over some steps that have helped my clients and me in the past. I recommend following them in this order:

**Why Did You Make This Goal In The First Place?**

*Answer these questions as specifically as possible:*

1. What was your life like before you set this goal for yourself? How did you feel about yourself?
2. Why did you decide to set this goal in particular? Would you have better health, be able to keep up with your kids, live a more joyous life?

3. How will this goal make your life better?

Looking at the answers to these questions on paper serves as a visual reminder for why you're pushing yourself to a new level. You made this goal because you were unhappy with the way things were going before. The only way to achieve change is to push past what you're used to and get a little uncomfortable. Remember: you're only comfortable with what you know. Make these changes and get your mind and body familiar with the new you.

**Envision Yourself After You've Accomplished Your Goal**

*Still don’t feel that spark? Try this:*
1. Imagine yourself after you've achieved your goal.

2. What is your life like? Are you happy? Are you healthy? How does it affect your every day existence?

3. How do your friends and loved ones feel about your changes? Do your kids look up to you? Does your significant other want to spend more time with you because you're happier all the time?

4. What does achieving this goal mean to you? Does it make you proud? Does it mean less time spent at a desk? Does it mean that you're able to keep up with your kids now? Does it mean that you're making enough money to travel more?

4b. Why is that important to you?

The more detailed you are, the more helpful this exercise will be. Really FEEL what it’s like to be at that goal. Breathe it in. If you’re not thriving, make sure this is a goal you really want to accomplish.

**Find New Ways To Accomplish Your Goals**

*Still struggling? Consider this option:*

As I talked about in To Goal Or Not To Goal, there are many ways to go about achieving what you’re aiming for. Use this time to brainstorm some other tactics you haven’t yet put to use. **Write down 5 actions you haven’t tried yet that would get you closer to your goal.** Start taking those actions today or tomorrow, and see what results you get from it.

*Here are some examples:*

If you’re aiming for weight loss and you’re already eating better, moving more,
and sleeping enough, try something new to get you excited again. Look at the tips in Re-Fun Your Workout and The 90% Principle: How NOT To Go Insane While "Dieting."

If your goal is to rise up and conquer your depression and you’re already seeing a therapist, using a creative or physical outlet for stress, and have cut ties to negative friends, start researching other proven methods for feeling better. Meditation and yoga are great to help keep you centered and in the present moment. Join a book club or class of some sort and aim to talk to one new person a week. Making friends and thus widening your support system can help you feel more confident and strong when depression tries to rear its ugly head again.

**The point is to try things you haven’t yet explored.** If you haven’t reached your goals yet, and are dreading the steps you have in place, try shaking it up to regain that sense of enthusiasm you had at the beginning.

**Make sure you've done your research into what you're trying to accomplish.** What steps have worked for most people to get them to where you're aiming to go? Have you taken all those steps? Skimping on any of them is fuel for your wall- **if you skimp, you may not get results, and lack of results directly leads to lack of motivation.** Don’t sell yourself short. You know you can get the results you want. Fully commit to them and put in the effort.

**Do It Anyway**

This is the hardest step, but if you’ve tried the above exercises and still don’t feel that spark of excitement, you may have to resort to just plain DOING IT ANYWAY.
There will be days when the last thing you want to do is get out of bed and go for a run or swing a heavy kettlebell. If your goals are to lose weight or gain strength, guess what? You’re gonna have to make some sacrifices- you are going to have to do some things you don’t want to do in order to get where you want to go. The changes you want don’t just happen. They take work. Sometimes, LOTS of work. **The more work you put in now, the easier it will be to maintain your results once you achieve your goal.**

Sometimes you just have to suck it up (as much as I hate saying that) and make yourself do **SOMETHING.**

**Taking action is the best thing you can do for breaking down walls.** Phases of excitement will come and go, but if you condition your mind and body to act instead of freeze when the wall hits, you’ll still be on your way to your goals no matter how hard it feels.

Action also has a way of reigniting inspiration. Recommit to yourself and to the life you want. You’re doing this for you.

No one is making you do it. YOU are the one who makes the choice.

**CHOOSE TO THRIVE.**

*If you know someone who’s hitting a motivational wall, please share this with them. You can use the links on My Favorite Things to tweet it or share it on facebook, or you can direct your friends to the original blog post, Making Your Own Motivation. Please let me know how this works for you in the comments section at the same link!*