**Can’t stay motivated for long?**

Many of us have read a lot of “how-to’s and inspiring motivational stories” You always get the meaning of the story; and you get what that story is all about; you always learn a lesson from it and you know that what you should apply in your life. BUT have you ever wondered that no matter how much you read motivational stories, the effect of those stories doesn’t last very long. And most of the people are not able to stay motivated**. Why?**

**The answer is simple; you need a reason, a very big reason.**

Consider a scenario; let’s say you want to set a goal to wake up early in the morning every day just because a lot of people say that it’s very good to wake up early in the morning (I am pretty sure that everybody has been through this and that’s why I have taken this example). You will get up the very next day as your alarm starts ringing; you will feel proud of yourself, some days will pass and eventually you will get bored and then you will give up after few days. . Haven’t you experienced this thing earlier?

Now, consider another scenario. You just found out that something’s wrong in your body and you go to a doctor; doctor says that you have a pretty serious disease and if not cured you will have to suffer with a hell lot of pain. And Doctor suggests that to cure this disease you will have to wake up early in the morning and do some particular kind of yoga. What will you do now? You will wake up every day very early in the morning without any complaint, won’t you?

Let’s analyze these scenarios, in first one you gave up very easily but in second, you kept doing it. So, how did this happen? Because now you have a reason, a very big reason. After all it was about your life and you can’t risk your life. There is no point to set a goal to wake up early at 5 am in the morning if you don’t have a big reason for it.

There always has to be someone or something that makes you excited to get up. You need to know who you want to be and a strong reason to go out and do that.