

Motivation and Meditation

Practicing meditation can help increase and sustain motivation toward goal pursuit. Meditation helps with concentration and allows us to stay focused for longer. Meditation also reduces stress as it promotes relaxation. Meditation improves cognition and increases the ability to perform tasks that requires focus. Meditation allows us to become more aware of our emotions.

Meditation, when practiced for as little as 10 minutes per day, can help clear the mental clutter that distracts us from our goal, not to mention decrease anxiety and improve our cardiovascular health.

There are many guided meditations that target specific outcomes: learning relaxation, practicing focus and concentration, reducing stress, rumination, anxiety, and chronic pain, cultivating self-awareness and body awareness as well as insight meditation for practicing acceptance.

Many can be downloaded as an app or found on websites, meditative music playlists, [podcasts](#), videos, blogs, and for those who are so inclined, nature is always a great option. There are courses and classes on meditation, both online and in-person, offered through local providers and even employers.

Ironically enough, many complain about not being able to find the motivation to meditate as there are some preconceived notions about the amount of effort required. It is often best to start small with something readily available, perhaps as a replacement of something that may not be the best use of our time, like browsing the social media while waiting for the next appointment.