## What is the difference between motivation and a habit?

# Motivation is what gets you started while Habit is what keeps the drive on.

Dreaming, setting a goal and short time objectives are a must to keep you motivated and drive your ambition. There are a lot of people who aspire to reach great heights and attain goals but could not reach their goals or have failed. A person motivates or inspires himself by thinking about the next step that he/she will take.



There is no need to go into deep roots and self-talk from motivational like Tony Robbins, David Goggins, Jocko Willick, etc. There is an abundance of talks available for a person who is lacking motivation or interest. Several videos on YouTube can pump you and get it done and that means the work done.

Work is essential to get it done.

#### How much time does it take to enforce a habit?

If the goal is long-term or is going to take a huge amount of time to achieve then it will not be completed in a day or maybe a year. If your ambition is big as a skyscraper then it will take a long time. Some goals can take a lifetime to achieve. This is why the habit is so important. It might take 18 to 254 days to form a new habit all this data is stated by healthline.com. Consistency and discipline is the prime requirement to make this happen. A habit of discipline and taking

accountability is a must to attain your goal.

## What if motivation starts to fade?

If you get better at something it eventually becomes easy and might not motivate or inspire the person after a while. You need to increase the level or do more to motivate yourself. Around the world, people have limited time and it is especially hard for them to decide how much is appropriate. This decision is up to the person as he needs to decide how much he/she can handle. The more time devoted to the work more will be efficiency.

# Way to enforce a habit?

The duration which can be defined as the amount of work put in is the second thing. The intensity which can be stated as the amount of hard work invested is the third thing. It is actually to get started as you have to devote 30 minutes of your life every day and every week to work towards achieving your goal and realizing your ambition. Continue to do this until it becomes a habit. As you get used to it challenges yourself by increasing the time and workload. Increase the duration and intensity.

The more habit you form the closer you will come to realize your ambition.