

# 20 Ways to Increase Motivation in the Workplace

It's natural for everyone's motivation to wane from time to time. However, it's a problem when your team is consistently disengaged and uninspired. That's why we've gathered 20 of our favorite ways (most low- or no-cost!) to help keep you and your team motivated, day in and day out.

## #1 Recognize great work

Let's start with one that has the potential to change everything: recognition! A whopping [70%](#) of employees say their motivation and morale would improve with frequent, meaningful [recognition](#).

## #2 Set small, measurable goals

A lack of visible progress can quickly lead to feeling demoralized. Setting clear achievable goals provides a boost of motivation each time one is conquered and keeps your team on the right track.

## #3 Celebrate results 🎉

Once your team achieves those small, measurable goals, celebrate! Applaud successes and make sure to let your employees know how their contributions move the organization forward.

## #4 Stay fueled 🍎

It's hard to stay focused and driven when you're hungry, dehydrated, and, in some cases, under-caffeinated. Consider keeping healthy snacks around the workplace to keep energy levels up.

## #5 Stay positive

A simple shift in bias toward positivity and happiness can have an immediate impact on motivation, engagement, and productivity.

## #6 Take regular breaks

Banging your head against a problem for hours on end is rarely productive. Get up, stretch your legs, rest your eyes — and come back to work with a refreshed mind and body.

## #7 Stay healthy 🩺

Generous time off policies and wellness benefits may seem expensive at face value, but can actually save quite a bit in the long run in lost productivity, poor attendance, and suboptimal performance.

## #8 See & share the big picture 🌍

Knowing how your work helps others is a powerful antidote to disengagement. Help boost motivation by ensuring your team understands how their efforts impact the organization, customers, and community.

## #9 Be transparent

Defaulting to transparency is one of the best ways to encourage an atmosphere of trust, which naturally leads to motivation and engagement.

## #10 Provide clarity

In order to be motivated, it's crucial that you understand what your goals and objectives are. For many employees, that understanding starts with transparency, and ends with clarity.

## #11 Envision and share positive outcomes

Success is easier to achieve when you can envision it. When someone makes progress towards a goal, share it with the whole team as a source of motivation.

## #12 Provide a sense of security

Create psychological safety for your team. Once employees feel secure to bring their whole selves to work, they're more likely to be motivated to reach their full potential.

## #13 Loosen the reins 🐎

Giving employees more agency around when and how they get their work done can actually improve efficiency and motivation.

## #14 Find purpose

Although it's commonly stated that millennial employees are motivated by [purposeful work](#), that's really true for most of us.

## #15 Power pose

Pay attention to your posture! Your own body language can affect your mood, work, and interactions with others, all of which impact your motivation levels.

## #16 Encourage teamwork

Knowing that your colleagues have your back is an amazing feeling— and when you face an occasional dip in motivation, they'll be the ones cheering you on.

## #17 Offer small, consistent rewards

Rewarding employees for their hard work is a motivational rule that nearly goes without saying, but some rewards are more effective than others. Instead of the traditional annual bonus, try offering more frequent [creative rewards](#).

## #18 Practice and promote mindfulness 🧘

Taking time out of your day to slow down and practice mindfulness might sound like it would negatively impact motivation and productivity, but in many cases, the opposite is true.

## #19 Change the scenery 🌳

Spending time in different surroundings can provide a new perspective, and often a noticeable boost in motivation. Try taking your team on an offsite or retreat to see this in action!

## #20 Have fun!

Last but not least, have fun! Ensure work isn't a slog by finding moments of joy in everyday activities and focusing on what it is that makes working at your organization great.

