

MOTIVATING YOU

THE ART OF SELF-MOTIVATION





“

Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way.

- Les Brown

MOTIVATING YOU

The questions in this workbook can help you find the motivation to take action to attain the life you desire. Spend some time in self-reflection to answer the questions below truthfully and revisit these questions whenever you feel your motivation waning.

What Makes People Self-Motivated?

Passion and discipline are the primary stimuli for self-motivation

- What interests are you passionate about?

- Is there a discipline you follow regularly, such as an exercise routine or a special diet? Jot these down.

Lack of Energy or Self-Motivation?

If you feel you lack self-motivation, perhaps it could be a lack of energy instead

Check whether you may be energy-deprived due to stress, depression, low self-esteem, or physical fatigue. Energy-enhancing practices may help you, such as:

- * Prayer and Meditation
- * Eating more nutritious foods
- * Adding vitamins to your diet
- * Incorporating more exercise into your daily routine
- * Getting more sleep

➤ What changes can you make in your daily routine to increase my energy level?

Making Decisions

We create our destiny the moment we make a decision, no matter how trivial

A true decision leads to achievement because it involves commitment to action. Flexibility is important. If the outcome of your decision isn't what you want, learn from it and make another decision.

- Make an important decision that will encourage commitment and action.

- What action can you take today to start implementing this decision?

Don't Make Excuses

Everyone has dreams, but few make the effort to turn them into reality. One obstacle that can hold you back is the habit of making

- Write down the limiting excuses you make that prevent you from achieving your goals.



Be Clear About Your Decisions

A true decision has clarity. It's specific and it makes you feel empowered and relieved

How do you know you've made a "true decision?" If you've made a true decision, you'll find yourself acting on it.

- Write down any decisions that are still only dreams – something you'll do "some day."

- How can you empower these decisions?

The Three Decisions That Will Shape Your Life

Make these decisions right now and write them down.

➤ What is the primary focus of your life?

Decide how the situations you find yourself in today affect your present and future.

➤ Situation 1:

➤ Effect on the present moment:

➤ Possible effect on your future:

➤ Situation 2:

➤ Effect on the present moment:

➤ Possible effect on your future:

➤ And now for the most important decision: Looking at your current situation, what should you do now? The quicker and more decisive the decision, the greater the impact on your life.

The NAC Concept of Pain and Pleasure

You can train your subconscious mind to condition yourself for success with Neuro Associative Conditioning techniques

You do this by associating pain with the things you want to avoid and pleasure with the things you desire.

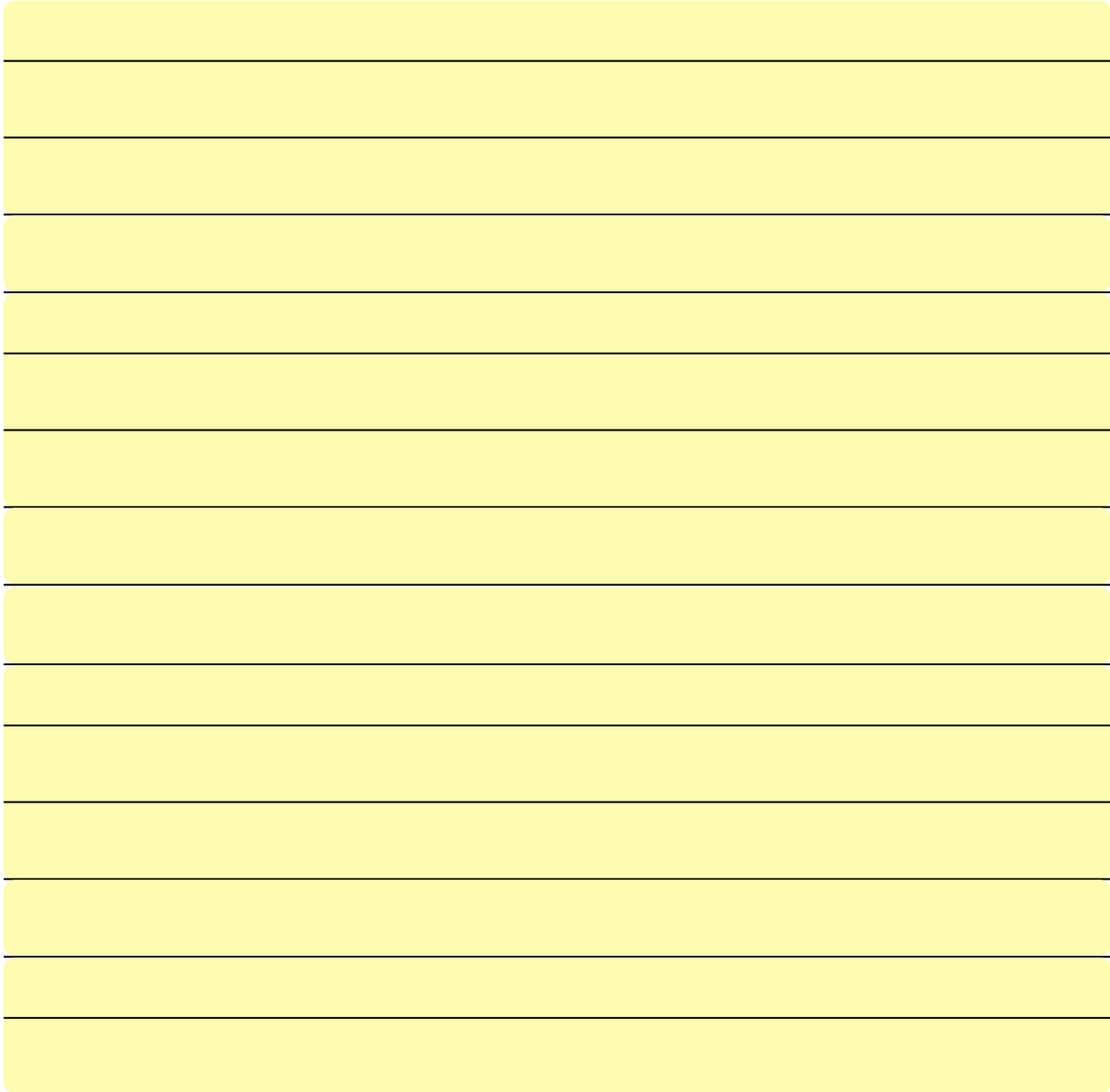
Your Beliefs Have the Power to Create and Destroy

Check your beliefs. Are they getting in the way of achieving your goals or are they propelling you forward? You can use the NAC technique to replace negative beliefs with positive ones.

➤ What negative beliefs do you hold?

➤ How are your negative beliefs affecting you?
Allow yourself to feel the pain.

- What positive beliefs can replace the negative ones? How will it affect your life? Feel the pleasure intensely and visualize the outcome vividly.



Another way to replace negative beliefs with positive ones is to question your negative beliefs. Do some research on the subject and study the lives of those who hold the opposite view.

Transforming Yourself

Transformation is not a long process

It happens in an instant, provided that you've been working towards it. Do you have a powerful intention to change?

➤ What do you really want to change now?

Now use the pain and pleasure principles by answering the questions below (feel and visualize the pain and pleasure):

1 What will this cost you if you don't change?

2 What has it already cost you physically, spiritually, mentally, career-wise, and in your relationships?

3 How has it affected your family and friends?

4 If you transform yourself, how will it make you feel?

5 What will this change help you accomplish?

6 How will this change make your family and friends feel?



Do your research. Get all the information you can on the subject that interests you. This will generate motivation.

Reward yourself as you progress. This will keep motivation levels up. It doesn't matter how small the milestone is. Reward yourself as soon as you achieve it.

- What are some rewards that you can give yourself when I make progress?

Join a community. Nothing can be more motivating than working towards your goals with others who share them. My VIP Inner Circle is a great option. Find communities online or locally that share a passion of yours.

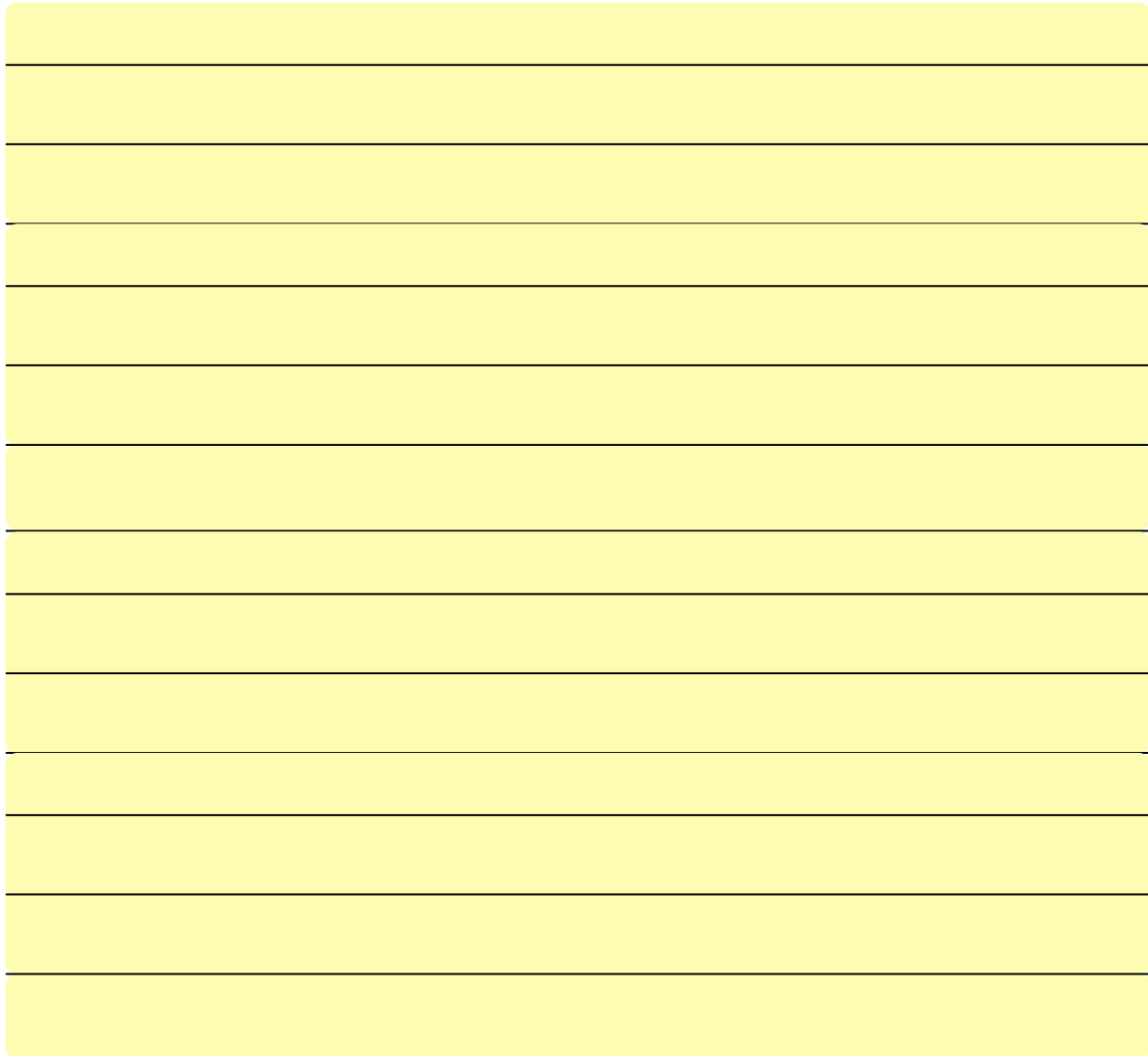
➤ List your favorite support communities here:

Befriend motivated people.

Choose friends who are highly motivated so they can support and inspire you.

You can return them the honor.

➤ What are your most important goals?



Give yourself a spiritual goal or noble cause. A spiritual goal such as enlightenment or serving a worthy cause can be a powerful motivator.

➤ What are your peak hours? What tasks should you accomplish in these hours?

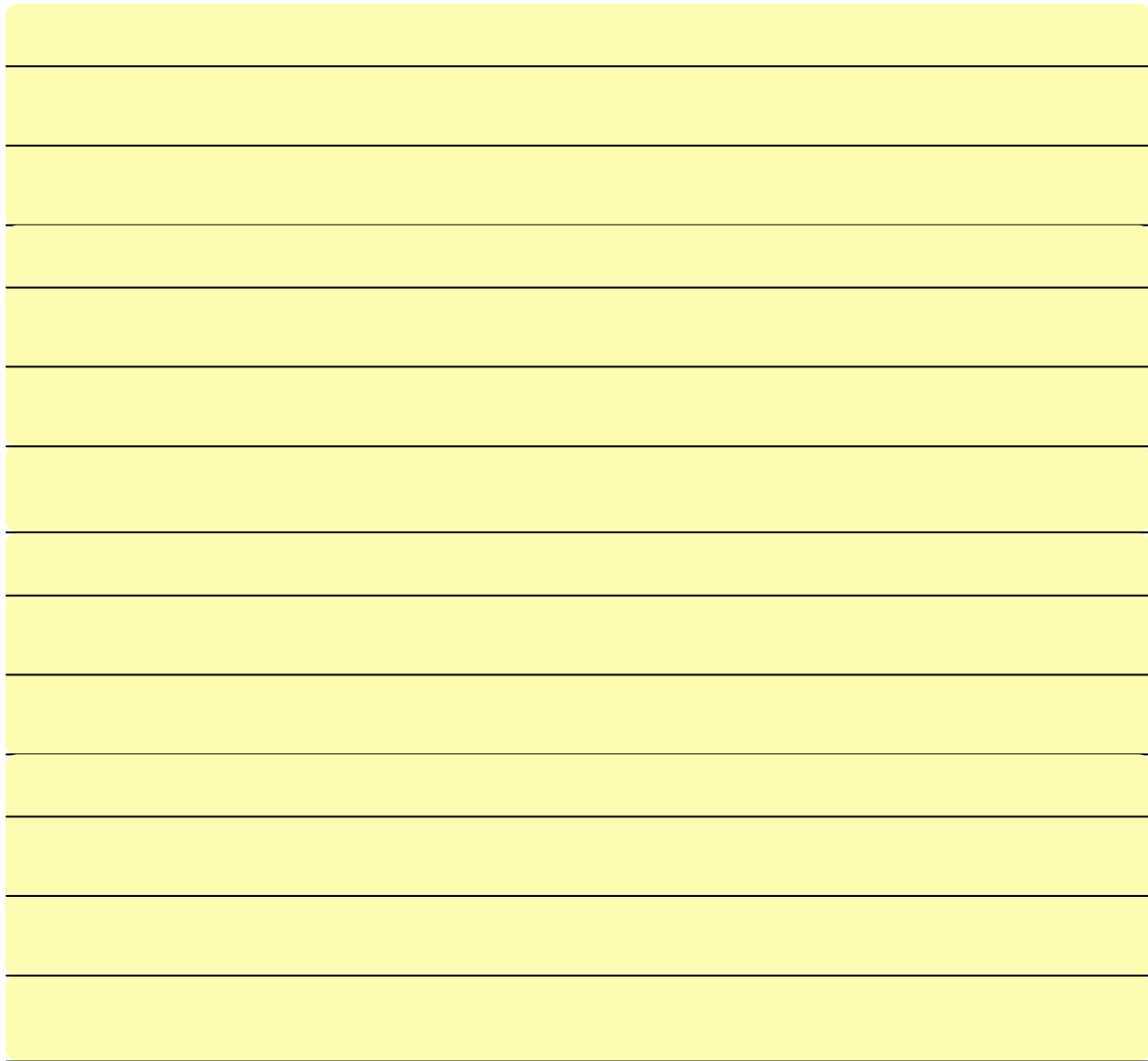
Don't look for perfection. The key to being highly self-motivated is to act without worrying about how good your output is. Get on with it. The polishing can be done later.

Do the harder task first. Once you've put the more difficult tasks behind you, you can relax and do the easier ones.

Practice spiritual awareness. Be completely in the moment when you act. Don't think about the past or the future. After all, the present creates the future!

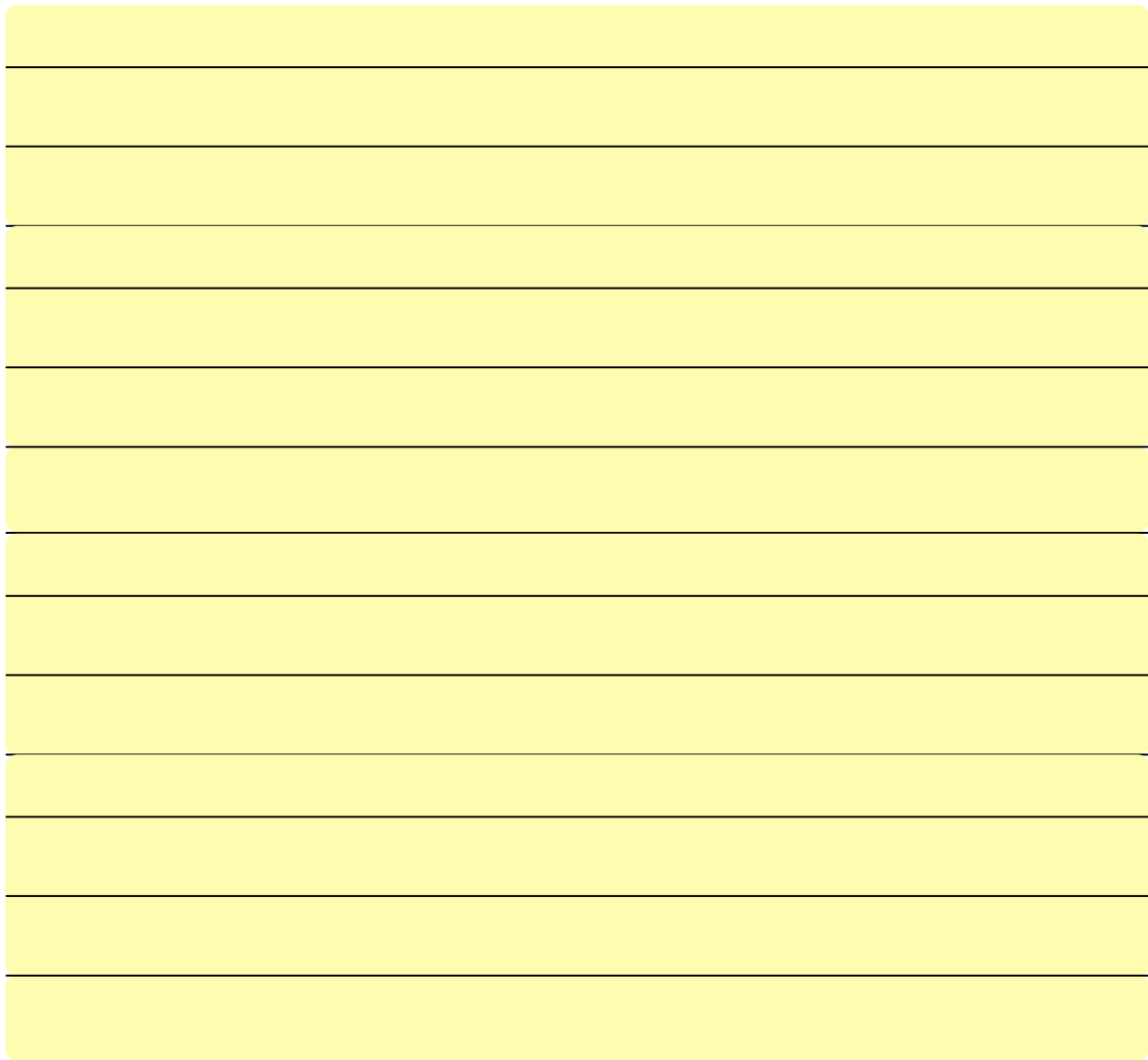
Use self-affirmations. Telling yourself repeatedly that you're getting better every day in every way is bound to cause your brain to believe it.

➤ What are some self-affirmations that make you feel good about yourself?

A large yellow rectangular area with horizontal lines, intended for writing self-affirmations. The area is divided into 15 horizontal rows by thin black lines, providing a structured space for text entry.

Find inspirational quotes from the lives highly motivated people who have succeeded against the odds.

➤ What are your favorite quotes that resonate with you?

A large yellow rectangular area with horizontal lines, intended for writing favorite quotes. The area is divided into 15 horizontal rows by thin black lines, providing a structured space for text entry.

Congratulations! You have the most powerful keys to self motivation in your hands. Use them to realize your dreams!

Your Notes

A large, vertical yellow notepad with horizontal black lines, intended for taking notes. The notepad is centered on the page and occupies most of the vertical space below the title.