

A PRACTICAL GUIDE TO HARNESS MOTIVATION

MOTIVATION POWER



QUICK TIPS FOR GETTING THE MOST OUT OF LIFE

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Introduction



Motivation is a state of mind and life is your story. With that said this book will help you master motivation and master your story called life. In other words, you become the master of your masterpiece called life with motivation. One minute it can be there providing you with inspiration and energy to do something and the next minute it can be gone. So, in this book you will learn ways to give your motivation a boost when you need it and also to stay motivated for as long as possible.

In order for you to master your motivation levels it is essential that you know what motivation really is and how it works, and the first chapter will explain this. It is also important for you to know what causes low motivation levels so that you can take the steps to prevent low motivation from happening. Chapter 2 has you covered there.

To get your motivation levels up as high as possible you need to set goals. We have devoted Chapter 3 to explaining how you can set goals that will motivate you. If you get this wrong, then it will probably be very tough to find the motivation that you need to accomplish your goals.

The next three chapters are crammed full of tactics and tips for a quick motivational boost that we encourage you to apply to your life. Some of these are very easy to implement and have an instant impact. Others will take practice and time.

Keeping your motivation levels high each day is the subject of Chapter 7. In Chapter 8 you will learn the best habits to keep yourself motivated and in the final chapter you will find our recommended best practices for motivation.

Let's get you moving forward to your full potential and success.

What really is Motivation?



Chapter 1

When you can develop strong self-motivation, it is one of the most important things that you can do because it will maintain your interest and secure your commitment to achieving a goal or completing a task.

People often have doubts about their ability that they have to complete a goal successfully or not. Motivation is what drives them forward whatever obstacles and barriers they face. The reality of life is that we always do the things that give us the most pleasure with very little motivation. So, you need additional motivation to drive you forward when you are trying to achieve things that do not naturally seem pleasurable to you.

Self-motivation can often supply the required discipline required to achieve things that seem difficult or uncomfortable to you. The higher the levels of self-motivation that you have the more likely you are to complete any task and achieve any goal.

A good definition of motivation is the force within that drives us to take action. We are born with certain drives instinctively such as the motivation to drink water and eat food. If we didn't have these kinds of motivation, we would die of thirst or malnutrition.

The psychological experts define motivation as being an emotional force that compels us to do something. They also believe that there are cognitive, logical and social influences which determine a person's motivation levels.

A definition of motivation that we recommend is that it compels you to make changes in your life and is the driving force behind this change. With the motivation tips that you will be learning in this book you will be able to achieve anything that you want and become the master of your own destiny.

The Three Components of Motivation

To help you to develop your motivation you need to fully understand it. There are essentially three components of motivation which we will talk about now. When you want to achieve a goal, just having a strong desire is simply not enough. You need a level of motivation that will enable you to overcome the obstacles that you are inevitably going to face.

The 3 Components of motivation are:

1. Activation
2. Persistence
3. Intensity

Motivation Activation

The activation stage of motivation is where you have the desire to accomplish something and you take some action. As an example, let's say that you wanted to lose 15 pounds in the next few months. Your motivation comes from how you see yourself looking and feeling once you have achieved this goal. So the action you might take could be to start on a new diet plan or just simply commit to eating healthily and cutting out the junk food over the next few weeks. Activation is anything you do to try and achieve your goal.

Motivation Persistence

Persistence and motivation go hand in hand. When you first start to try and achieve a goal you are likely to be excited and eager to get started. After taking those first steps you may find they are really challenging, and you feel like giving up. Persistence will help you to keep going no matter what.

Modern life is full of many distractions and you need persistence to ignore these distractions and stay focused on achieving your goals. In order to achieve the level of persistence that you need you will need to practice the techniques that you find in this book.

Motivation Intensity

Motivation intensity is best described as the amount of effort that you apply when trying to achieve your goal. It is possible for two people to have the same level of motivation to try and achieve the same goal, and even have similar persistence levels. But the different levels of intensity will determine which of the two people will achieve their goal the fastest.

You probably know people that always move slowly and steadily towards achieving their goals a little bit at a time. We like to call these people “plodders”. Then there are the “expeditors” who do everything at a rapid pace to try and achieve their goals in the fastest possible time.

We recommend that you look for the middle ground between these two. You need to go faster than the plodder but not as fast as the expeditor. The problem with being an expeditor is that it is easy to make mistakes because you have not concentrated enough on performing the task properly.

Expeditors can also suffer burnout very quickly. You do not want to be a plodder either, because things will not happen fast enough for you and you can easily lose your motivation.

Understanding the Source of Motivation

Motivation can either be intrinsic or extrinsic. Your motivation can come from within or it can be influenced by external desires. With intrinsic motivation you want to achieve something because it will give you personal pleasure. An example here could be doing something for your partner, friend, family, neighbor, sibling, or community because you get a very warm feeling inside from doing this.

When you use intrinsic motivation, you are never seeking recognition from the outside. It is all about the internal pleasure from within. Extrinsic motivation is the complete opposite of this. You are looking for external rewards such as money, recognition, status, and respect from others etc.

There are actually three sources of motivation. These are needs, instincts and arousal. Let's take a look at each one of these in turn.

Needs Motivation

There are a number of theories about needs motivation. The most obvious examples of this are drinking water, eating food and sleeping.

Instincts Motivation

Humans have behavior patterns that are pre-wired, and they will become activated when a specific external stimulus is applied.

Arousal Motivation

A person with high arousal levels is more likely to do something risky like skydiving than someone who has low arousal levels.

In the next chapter we will take a look at what causes low motivation levels...

Possible Causes of Low Motivation Levels



Chapter 2

Do you feel that your motivation levels are just not strong enough? It is often the case that people with high levels of motivation label people that have lower levels of motivation as lazy or even stupid. The truth is that there are a number of factors that can affect the levels of motivation that a person has.

Having a low level of motivation is rarely anything to do with laziness or intelligence. If you find yourself with a low level of motivation, then the good news is that you can usually always fix this. By practicing the techniques, you will find in this book you will see your motivation levels rise steadily.

There are four main factors that can cause low levels of motivation. These are habitual Behaviors, habitual beliefs, health problems and quirks in personality. Some people will fall into more than one of these categories and that's ok. If you think that you fall into more than one category, please don't be alarmed because you can fix this.

Habitual Behaviors and Motivation

A habitual behavior does not have to be based on a specific belief; in fact, most of the time habitual Behaviors have no real foundation at all. They can be just something that you have done for a long, long, time and you may feel that these Behaviors are impossible to break. This is not the case.

Let's take a look at a habitual behavior example. As a child growing up you were encouraged by your parents to eat a lot of sugar-based foods because they believed that these were essential for your energy levels. Your parents didn't believe in healthy eating at all and felt that these kinds of foods would leave you lacking the energy that you needed.

When you become an adult, you realized that healthy eating was the right thing to do. Even with the strongest motivation you found it difficult to break the habitual behavior of eating sugar-based foods. It took a great deal of practice and persistence for you to finally break the habit after a few weeks

We all have habitual Behaviors that we are slaves to and are difficult to break. The only real way to break these habits is through determination and persistence. So, if you had the habit of continuously eating sugar-based foods and wanted to lose weight, you would have to break this habitual behavior first before you were able to achieve your weight loss goals.

Habitual Beliefs and Motivation

A habitual belief is something that you have held onto for a very long time and you believe it to be completely true. You could have developed this belief as a child and over the years you have made it stronger. Not all habitual beliefs that you hold will be true or support your motivation levels.

If you want to increase your motivation levels it is important that you take a look at your beliefs to see if any of them are holding you back. If this is the case, then you need to look carefully at these beliefs and critically analyze whether they are true or not. In a number of cases these won't be true and will just stifle your motivation.

Let's assume that you believe you are not a good-looking person and just average. You also are a few pounds overweight. How likely are you to be motivated to lose the extra weight if you hold the belief that you are just average looking? It is not very likely is it?

After all it doesn't matter how thin you are you have the belief that you are not good looking. So why bother losing the weight? From this example you can see why habitual beliefs can really stop you driving up your motivation levels. Usually these beliefs are not true and sometimes they are not even logical.

If we take the example above it is pretty obvious that anybody that is overweight is going to look better if they lose a few pounds. But this person believes that they are average looking so they have no motivation to do this.

Health Problems and Motivation

There are actually a few health problems that can cause low motivation levels. In a lot of cases people that are suffering from low motivation do not think about checking out their health and do not realize that these are contributing to their lower motivation levels.

If you suffer from depression this is very likely to have a negative impact on your motivation levels. Depressed people would often stay in bed rather than get up and do something to achieve their goals. It doesn't matter how much of a burning desire they have to achieve their goals the depression just gets in the way.

If you feel that depression is stopping, you from being highly motivated then go to your doctor and get a proper diagnosis. There are many medications and other treatments available that can help you to overcome your depression.

Some people suffer from brain fog which can be due to brain inflammation. When this happens, the neurons in the brain fire more slowly than they should. If you constantly suffer from brain fog, then go and see your doctor or a specialist for a proper diagnosis. There are things that can be done to help you to overcome this problem.

Do you suffer from low blood sugar? If you do, then this can definitely affect your motivation levels. Having a diet that consists largely of carbohydrates can cause you to experience spikes in your blood sugar and then crashes. Over a period of time this can cause you to become easily fatigued.

A common cause of fatigue and even depression can be gluten intolerance. This can be so severe in some cases that people just don't want to do anything. If you believe that you may have gluten intolerance, then ask your doctor for a correct diagnosis so that you can take the right action.

Another health issue which can cause depression and fatigue is hypothyroidism. This happens when the thyroid gland becomes continuously damaged by the immune system. Again, you need to visit your doctor and get a correct diagnosis if you feel that you are suffering with hyperthyroidism.

Personality Quirks and Motivation

If you have a personality quirk, then this can definitely affect your motivation levels. A personality quirk is not something you can easily change like you can with habitual beliefs or Behaviors. A good example of this is if you have a poor memory. These days you can usually find help to overcome almost any personality quirks like this.

In the next chapter we will look at how you can set goals that will motivate you...

How to set Goals that will Motivate you



Chapter 3

Do you set goals regularly? If you don't then we recommend that you start to do this right now. When you set goals, you bring about an incredibly powerful psychological transformation that will do wonders for your motivation.

Let's face it, when you are trying to accomplish something in your life that you know will help you it is pretty easy to get lazy about it and procrastinate. "I will do it tomorrow". Well guess what? In a lot of cases tomorrow never comes! This means that you abandon a task or project before you even start it. Sometimes this happens halfway through the project.

If you are prone to negative habitual behaviors such as laziness and procrastination, then you need to pay particular attention to this chapter and set yourself some goals that will truly motivate you. When you set the right goals, you will find that you have a renewed sense of energy and an unstoppable drive to take action.

Add Passion to your Goals

You want your goals to excite you to such an extent that stopping work on them is painful for you. It is very important that you add passion to your goals and that they are definitive. The process that we recommend you use to set your goals will motivate you so much that you will be chomping at the bit to get started!

If you set goals correctly then these will provide a positive boost to yourself image. They will energize you in a way that you may not have felt before. The process of setting goals can help you to uncover your strengths and weaknesses which is very important for you going forward.

Give your Motivation a Boost with Goal Setting

Don't have time to set goals? Think again. We are all busy but sometimes you can drift along in life being busy without actually accomplishing anything worthwhile. When you set the right goals, you will boost your motivation and take your personal development to new levels.

When you set a goal, it provides you with clarity about the future. You will begin to imagine a new and better life for yourself which is very motivating. It will also help you to identify the areas in your life that you need to work on some more.

To achieve a specific goal, you may need to learn and master some new skills. This can be very exciting as you are embarking on a new journey. When you set yourself goals you are also taking responsibility for your life which should really invigorate you.

With this new responsibility you will provide clarity in your mind and be able to avoid distractions around you a lot more easily. It will help you to become a better decision maker as well. If you don't set goals, then it is very easy to just drift along and lose your motivation for the future.

Having a passionate goal will enable you to focus all of your decisions, habits, actions and behaviors in the same direction. When you do this your motivation levels naturally rise because you will experience a new burst of energy that is totally invigorating.

The most important benefit of setting specific and passionate goals is that it gives you a real sense of purpose. This is truly inspiring and will work wonders for your motivation. No longer do you have to succumb to what others think is the best thing for you. You are in control now!

Your Goal Setting Success Guide

OK it is time for you to take action. Here we are going to provide you with a number of steps for successful goal setting. It is up to you if you want to follow all of the steps but if you do then you will find that you will boost your motivation and self-confidence. So, let's get started.

Rediscover your Past Achievements

This is great for a self confidence boost. Your task here is to identify past achievements and successes in your life. For everything you achieved in the past you followed a number of steps. You used a process that was right for you to accomplish whatever it was that you set out to do.

So ask yourself these questions:

- What approach did I use?
- What were the steps that I took?
- How did I get everything to come together?

Relive your past accomplishments with passion and get excited. Realize that you have actually achieved a number of goals in the past and celebrate this. How have these accomplishments changed you?

Remember that all of these achievements, however small, have made you into a better person. While you are thinking about past achievements identify those skills and accomplishments that have got you to where you are today.

Whether you realize it or not, you are setting and achieving goals all of the time. When you think about this it will make you realize that you have been taking small but consistent action steps every day to get where you are now.

What is happening in your life right now?

Take a good look at your current situation to determine exactly where you are at this moment. You can use this approach to identify those areas of your life that you are the most grateful for. It also helps you to discover the areas of your life which are not up to your own expectation of where you would like your life to be.

Use Leverage for Motivation Acceleration

The best way to gain leverage and accelerate your motivation is to apply the pain and pleasure principle. Assess the impact that the weakness in your current lifestyle are having on you and associate a lot of pain to these shortcomings.

Now imagine your life in the future when you have improved all of these areas of dissatisfaction and link pleasure to this. This will give you the necessary leverage to accelerate your motivation.

What is your Life's Purpose?

What is the real purpose of your life? What are your passions? Take some time to identify the unique talents, skills, abilities, passions and strengths that you possess. This will greatly assist you to clarify your primary objectives and your life's purpose.

Time for Passionate Goal Setting

Now it is time for you to actually set your passionate goals and write them down. We recommend that you use a pen and paper rather than type your goals. There is something about writing things down that creates a real psychological change.

You need to decide which areas of your life you want to set new goals for. So think financial, relationships, health, personal development and so on. It doesn't matter how many goals you end up with from this process. Later on, you can prioritize them.

We highly recommend the SMART FOR ME goal setting approach. Here is how this works:

Specific – you must set specific goals. What exactly do you want to achieve?

Measurable – it is essential that you can measure your goals so that you will know how well you are progressing.

Attainable – this is all about totally believing that you can achieve the goal.

Realistic – is the goal you have set realistic? Do you have the resources, money and skills to achieve it?

Timed – there must be a deadline for each of your goals.

Focus – it is essential that you set focused goals. Don't commit to too many goals.

Optimism – you need to write your goals in a positive way so that they are optimistic.

Ready – you must be ready to start working on a goal right now. If you need to wait around for someone to assist you then your goal is not ready.

Meaningful – all of your goals need to tie in with your life's purpose.

Exciting – all goals that you set must be exciting. They must provide you with an emotional buzz to motivate you at the highest levels.

Motivation Tips for Goal Achievement

Have you ever created goals and then didn't even get started with them? If you did then you are not alone. This happens to a large number of people. The reason for this is that you didn't have the right level of motivation attached to your new goals.

So here are some proven tips to develop the necessary motivation to see your goals through:

Every day write out your Goals

Do this in the morning. Write your goals out in full because it will help to keep them uppermost in your mind. We recommend that you keep a journal and use this for your daily goal writing. You can also record your experiences along the way and what you have achieved so far.

Remind yourself of your Goals

We understand that life is busy for most people but don't use this as a reason to lose sight of your goals. You need to create reminders of your goals so that you can refer to them during the day. Here are some examples of goal reminders:

- A goal mind map
- Use images to create a collage for your goals
- Get yourself a countdown timer – these are available online and they will show you how many days remain to achieve your goal
- Write an affirmations list for your goals and recite these morning and night

Be a Consistent Learner

Read up on everything related to your goals. Find people that have already achieved the same goals you want to achieve and find out everything that you can about them. How did they do it? What new skills did they learn? How long did it take them? This will keep your motivation levels high.

Use others to support you

Do you have someone in your life that can be your goal accountability buddy? This is a person who is going to ask you what progress you are making and push you hard. Setup a schedule to discuss your goals with this individual once a week.

If you can we always recommend that you find a good mentor. This will be someone that has succeeded in the same areas of life that you want success in. You can use your mentor to learn about how they achieved their success and to discuss ideas with.

Small and Consistent Steps

Get into the habit of taking small actions towards your goals every day. This is a great way to stay motivated and fight off laziness and procrastination. Sometimes life is going to get in the way of you doing this so if you miss a day then just get back in the saddle the next day.

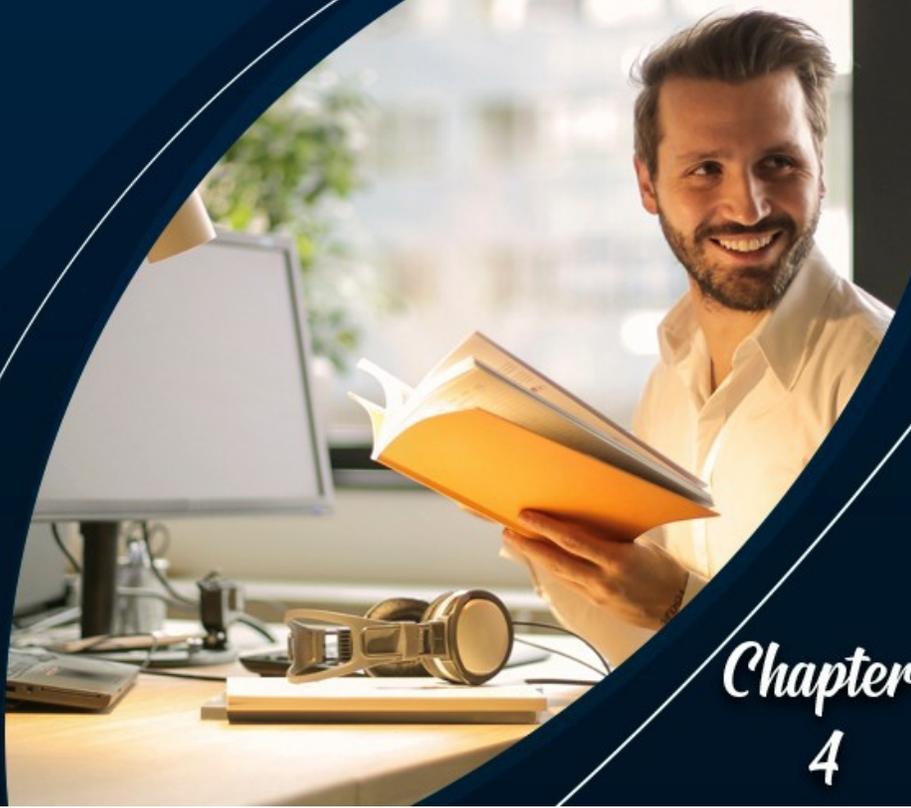
Come up with some creative ways that you can make your daily tasks more exciting and fun. Maybe turn your tasks into a game? This will definitely boost your motivation as you will be doing fun things on a daily basis.

Track your Progress

You need to check to see the progress that you are making with your goals on a regular basis. Don't go overboard with this but track your progress weekly especially when you are starting out on new goals. It is essential that you perform these regular reviews as you may find that some of the actions you are taking are not moving you closer to your goal. If this happens you need to find out why and take the best remedial action.

In the next chapter we will discuss how to find a motivation source that will work for you...

Finding a Motivation Source that will work for you



Chapter 4

To really boost your motivation levels, it is important to have a source of motivation you can draw upon. Imagine having a **motivational box** that you can just dip into whenever you need it. This box contains special things that you know will give you a motivational boost when you dip inside it. Your motivation box needs to include some powerful things.

Do you remember in the first chapter we talked about the three sources of motivation? If you have already achieved your goals using these three sources, then you don't need an additional motivational source.

The likelihood is that you do need this additional source to draw motivation from. The things contained within the box are going to help you to get started or get back on track and help to maintain high levels of motivation. The best way to know what to put in your motivational box is to really understand what drives you and what you desire.

Here are some great ideas to the contents of your motivational box:

Write your Biography

If you were to die tomorrow what would the world know about your life? Well they would know a lot more if you had a biography of at least 1,000 words. This is not something that you want to write quickly as you need to take your time and think about it. Usually when we take the time to write about ourselves it reveals certain truths about us we were perhaps not aware of before.

Meditation

A lot of people scoff at the idea of meditation, but it is actually a great way to get to know yourself and leave all the preconceived notions to one side. In essence meditation is just a small period of time in which you are quiet and still. When you are really searching for what you want in your life you need quiet. Your subconscious mind will provide you with the answers, but if you're not quiet you will not hear them. Add meditation to your motivational box so you can take a deep dive into your core.

What is Unique about you?

Take the time to think about what is unique about you and write this down. This will probably help you to understand what you really want from your life. Identifying what is truly unique about you provides you with the opportunity to see what you can offer the world.

Create a Strong WHY Statement

A good “why” statement provides the reason, or reasons, for you setting and accomplishing your goals. This needs to contain a lot of emotion so that it will really drive you every day to keep going and take those small steps necessary to achieve your goals. We recommend that you dip into your motivational box every day and read your “why” statement.

Make a List of your Desires

It should be really fun and exciting for you exciting for you to write a list of your desires. To write your list just think about the things in life that you really love. Ask yourself what makes you happy? Also ask yourself what makes you excited? It doesn't matter what these things are just write them down.

Your Billionaire Wishlist

If you had a billion dollars in the bank what would you do with it? You would never have to worry about making money again by going to work or running a business - so what would you do? Really think hard about this and experience the feelings of being able to do whatever you want, whenever you want.

Maybe you want a brand-new luxury car? Think about how this will make you feel. Keep thinking about all of the things that you will do with your billion dollars. For each of these things note the feelings that you experience when you think about them.

Who do you Admire?

Think about 5 people in the world that you truly admire. Write their names down on a list and also add the reasons why you admire them. What qualities do they possess? When you do this it can be a great way to identify the qualities that you need to possess to live the life that you really want.

Your Achievements List

Write a list of your achievements. These are things that you have already achieved. This is a very good way of motivating yourself in the future. Be sure to write down the challenges that you had to overcome to accomplish these achievements.

It doesn't matter how easy or difficult these challenges were. Just the fact that you overcame these challenges will help to drive your motivation levels.

Your Judgment Free List

Many people cannot find the right levels of motivation to achieve something because they are fearful that they will be judged by others. Therefore, you should write a list of things that you want to achieve knowing that you will not be judged. Just go wild here and remember that you are not going to be judged so it doesn't matter what you do. This kind of list can be very motivating.

Your “No Limits” List

How many things would you do if you had no limits? If you feel that you have a limit which will stop, you are achieving a specific goal then you will not have the motivation to follow through on this.

If you have always wanted to be a famous singer for example, but you do not have the vocal talents to do this, just remove that limit and add it to your list. Think about other things that you've always wanted to do but felt that limitations would prevent you from achieving them.

Limits can always be removed or overcome, and this list should really inspire and motivate you.

In the next chapter are going to learn some great tactics to increase your motivation

levels...

Great Tactics to increase your Motivation Levels



Chapter 5

Do you want some great tactics to increase your motivation levels? Of course, you do otherwise you wouldn't be reading this book, would you? Be sure to read every word of this chapter because the tactics that we reveal will help you to overcome feelings of laziness, procrastination and other problems that are causing your motivation levels to be low.

You may be familiar with some of the tactics that we are going to explain here. Of course, you don't have to use all of them and some of them may require you to move out of your comfort zone. But these tactics work so be brave and use them to your advantage.

Using Photographs

This is a great tactic if you want to lose weight, but you can use it for other goals as well. Take a selfie of how you look right now and print it off. Post this picture somewhere we will see it regularly. Then find some photographs of people that are in the shape that you want to be in. Post these by the side of your photograph.

This tactic really works. If you need motivation to continue with your diet plan for example just take a look at your picture and the picture of the person who is in the shape that you want to be in. It will get you excited and help to boost your motivation.

If you have a goal to make a lot of money then post pictures of the things that you truly desire such as luxury cars, a big house, a yacht or whatever else you want. You can use an editing tool like Photoshop to position yourself inside the car or the house that you really want. This is a great way to drive up your motivation levels.

Start a Vlog on YouTube

This one is a bit more ambitious and you may be reluctant to do it, but it is a really great way to keep you motivated. If you're worried about what other people will think about you then you can just make your videos private so only you can see them.

By creating simple vlog videos, you can see how far you have come on your journey to achieve your goals. If you need extra motivation you can go back to the earlier videos to see the progress that you have made to date. So, if you want to lose weight, for example, create a video where you record what you look like before you started your weight loss plan.

It is a good idea to be accountable for your goals. So be brave and make your vlog public on YouTube. People will be interested in your journey and will be eager to see your progress because it will inspire them as well. If you get negative comments from people, then just ignore them.

You should find that a lot of your followers will leave encouraging comments for you which will really help with your motivation levels. This accountability will be really helpful to you and should prevent you from going off track and sticking to your goals. Even if you only have a few followers that support you it is going to be very embarrassing having to tell them that you have failed.

Have a Reminder System

We have already touched on the subject of a reminder system in the goals chapter. Having a reminder system can be really effective which is why we are talking about it again here. One of the easiest ways to create a reminder system is to use a journal and make entries in it every day.

When you make entries in your journal be sure to record all of your thoughts and feelings as you continue on with your journey. You will be able to look back in your journal to see the progress that you have made, and this will certainly help to increase your motivation levels.

If you want to use technology, then why not start a blog? You can use this in a similar way to a journal by making posts each day about what you have achieved and how you feel. There are a number of free blogging services that you can use for this. It is very likely that you will get visitors to your blog which provides a level of accountability.

Regularly Post your Results

An easy way to drive up your motivation levels is to post the results of your previous achievements in the pursuit of your goals. This can be as simple as having a whiteboard in your home where you can post photographs or anything else that reminds you of your past achievements.

We recommend that your whiteboard with your results is in a place that you will visit often such as the kitchen, your bedroom or even the bathroom. Seeing your white board on a regular basis is key to boosting your motivation levels.

How about using social media to record your results? Are you brave enough to do this? Everybody has a few friends and followers on social media and again this is a great way to achieve accountability. It is really easy to post pictures of your results so that people can see how well you are doing. You don't want to let your friends down now do you?

Create a New Routine

Creating a new routine is one of the best ways that you can stay motivated and achieve your goals. It is important that you break your old patterns and your old routines because it is unlikely that they have supported you. What you are going to do here is developing habits that will support the achievement of your goals.

Old habits can be really hard to break but if you replace your current daily routine with a brand new one this will certainly help you. It is going to take some discipline to maintain a new routine, but the benefits will certainly be worth it.

Start your new routine off by setting yourself daily goals. This is similar to creating a to-do list for each day. It is really important that you find the time to go through your list and perform the tasks that are on it.

It is going to take around 4 weeks of persistent action to make your new routine a habit. During this time, you need to be really persistent and determined so that you don't fall back into your old routine. After using your new routine for 4 weeks you will find it really easy to continue with it and provide the ongoing motivation that you need to achieve your goals.

In the next chapter we are going to give you some proven tips for a quick motivational boost...

Tips for a Quick Motivational Boost



Chapter 6

You need to understand that motivation is a state. This means that one minute you can be motivated and the next minute you may not be motivated. So you need to work on your motivation consistently and in this chapter we will share some great tips to give you a quick motivational boost whenever you need it.

Distractions can easily knock you out of your motivated state and so can feelings of overwhelm. It is a times like this that it is very easy to procrastinate so you can avoid this by using the tips below to get you back on that motivational track.

Use Visualization

If you're feeling your motivation levels are lacking, then take a few minutes to visualize achieving your goal. Using visualization can help you change your emotional state, from a lack of motivation, to one of immense motivation. If you've never used visualization before it can take a bit of practice to remember to utilize this technique. Once you remember this technique on a regular basis you will find how effective this technique can be for a quick motivational burst.

When you are visualizing be sure to experience the strong feelings of excitement and joy that you will get once you have achieved your goal. This will inspire you to take action and rekindle your motivation.

Use Affirmations

It is very important how you talk to yourself. If you are constantly bombarding your mind with negative thoughts, then your motivation is going to take a nose dive. Positive affirmations are a great way to prevent this.

You can get out your list of positive affirmations anytime you feel your motivation levels dropping. When you are speaking your affirmations make sure that you feel the words and that they inspire you. Don't just speak your affirmations in a monotone way because this will not help you at all.

It is essential that you inject emotion into your affirmations. By reading your affirmations out loud with strong emotion you will boost your energy and your motivation levels. Keep practicing this until it works for you.

Listen to some Uplifting Music

We all have some fast-paced music that really uplifts us. So if you are feeling that your motivation levels are down put on that uplifting music to give you a boost. Don't be tempted to listen to slow and sad music as this will put you in the wrong state. This kind of music can make you feel down and depressed.

Only you will know what kind of music is uplifting for you. If you have a smartphone or apple phone you can add your uplifting music to it so that you can access it wherever you are. When you are in a crowded place use earphone so that you don't disturb others. Uplifting music really does work to uplift you so make sure that you have some great uplifting music available at all times.

Get your Body Moving

When you're in motion you create emotion. If you're feeling demotivated get out of your chair and start moving around. Do whatever you need to do to get motivated. For example you can jump around and punch the air! This can make you feel energized, refreshed and ready to go.

Moving around like this will increase the flow of blood and oxygen to your brain. This is a great way to increase your motivation levels. Practice moving around in different ways until you find the right set of movements that will drive up your motivation levels. It really works so do it now!

Take Power Naps

If you take power naps, you will quickly restore your alertness and feel really refreshed. After a power nap it is likely that your sensory perception will be heightened, and you will feel more creative and motivated.

A number of successful people from the past have taken power naps. Thomas Edison, Albert Einstein and Leonardo da Vinci were all supporters and practitioners of the power nap. If it was good enough for

them to raise their motivation levels, then it is good enough for you! Sometimes you're going to feel a little tired and this will make your motivation levels low so take a short power nap.

Create a Motivational Recharge

This is really easy to do and really effective. What you have to do here is find a time when you are really feeling motivated and then create a physical recharge by doing something with your body. This can be something like squeezing your thumb and forefinger together.

For this to work effectively the feelings of motivation must be really strong. Once you have set the motivational recharge feel free to test it out and see if you feel motivated again. When you have an recharge technique that works you can use it for an instant motivational boost. This is a really simple and effective technique so set your motivational boost recharge today.

Make Changes to your Environment

There has been a lot of research that proves your environment can severely affect your mood. If you need to sit in a chair for several hours each day and your chair is not comfortable, this can really drive down your motivational levels.

So the simple solution here is to get a more comfortable chair. There are other things that you can do as well to make your environment more inspiring. For example you can put up motivational posters all around your workspace. Change up your environment to make you feel more motivated.

Watch a Motivational Video

You will find lots of motivational videos on YouTube and other video sharing websites. Some of these motivational videos can be quite long so we recommend that you find a shorter video that will really inspire you.

The only danger with this technique is that YouTube is very addictive and if you are not disciplined you can find yourself watching a load of other videos and wasting a ton of time. So find one or two videos that are not too long which will give you a motivational boost and after you have watched them get straight back to working on your goals.

Ask yourself Questions for Motivation

This is another very easy and powerful technique to raise your motivation levels. For this to work you must ask the right questions of yourself. Most people ask themselves the completely wrong questions when they are feeling unmotivated.

Avoid these kinds of questions at all costs:

- Why is this work so boring?
- Why can't I get this finished?
- What happens if I fail with my goals?
- What if I'm not good enough to achieve my goals?

These kinds of questions will leave you in a unmotivated state. You need to ask empowering questions like these below:

- What are my recent achievements that make me feel proud?
- What can I do right now to move closer to my goal?
- How will I feel when I achieve my goals?
- What do I need to do to overcome any roadblocks to achieving my goal?

Can you see the difference here? These questions are empowering and will certainly give you a quick motivational boost.

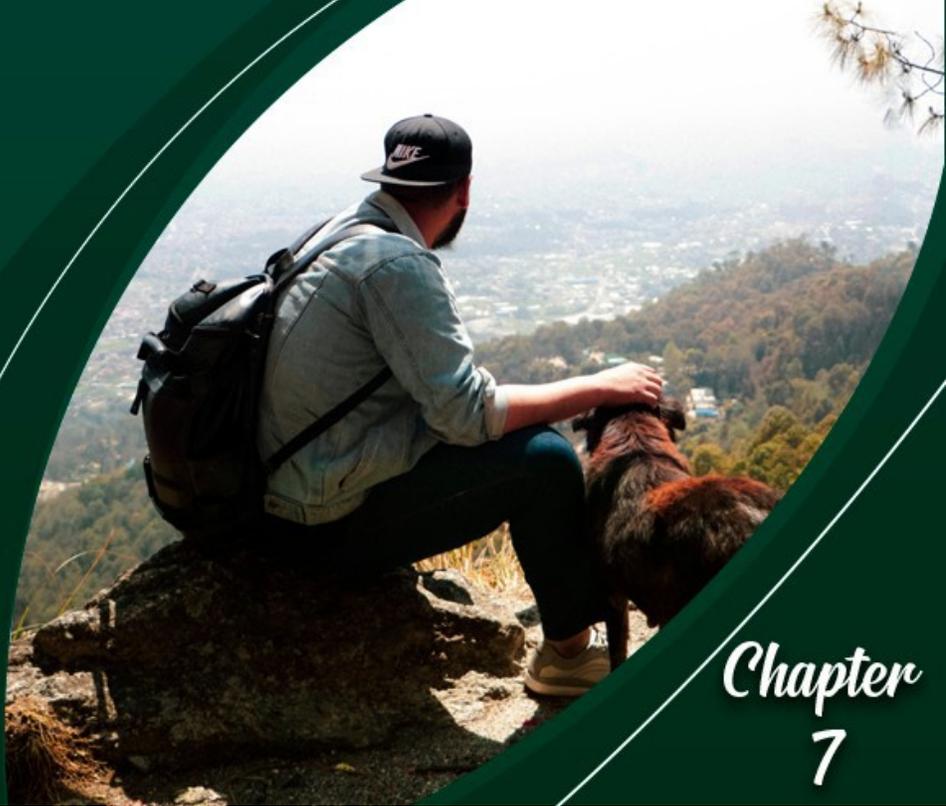
Complete an Easy Task

If you have a number of tasks on your daily to-do list then we recommend you start off by completing an easy one first. The reason for doing this is because you will get a sense of accomplishment from completing the task.

A lot of so called “experts” will tell you to tackle the difficult tasks first, but the problem with this is it if you get stuck and find it difficult to complete the task this can lead to your motivation levels decreasing rapidly. By completing an easy task your motivation levels will rise and you'll be keen to move on to the next task.

In the next chapter we will look at how you can sustain your motivation levels...

How to Sustain your Motivation Levels



Chapter 7

Sometimes you are going to set goals for the short term that you can accomplish in a few weeks or months. Then there will be other life changing goals that are going to take years to achieve. No matter how long it takes to achieve your goals you will need to sustain your motivation to see them through until the end.

It is not easy to sustain your motivation for a long-term goal. If it was then many more people would be doing it. But there is a method that does work for sustaining your motivation over long periods and that is by creating what we call “bite size” goals.

Be Careful not to set Unrealistic Goals

One of the main reasons why people fail to maintain their motivation to accomplish a goal is because the goals they set are unrealistic. We have all done this. The problem with setting unrealistic goals is that they are almost impossible to achieve, and this will reduce your motivation levels to almost zero.

You know deep down inside that it is not going to be possible for you to achieve an unrealistic goal and although you might be able to fool yourself for a while that you can do this, in the end things will catch up with you and your motivation for the goal will disappear completely.

What is an unrealistic goal? Well there are many examples of this. A lot of people that want to lose weight set unrealistic goals. If you are seriously overweight and need to lose 90 pounds, then it is totally unrealistic to set a goal to do this in a month. You are never going to lose over 20 pounds every week.

Some people dream of being sports stars. But if you are in your forties and out of shape then this is unrealistic. Or perhaps you have a goal of becoming the next lead guitar hero for a famous rock band and cannot play a note. Trying to achieve this in 3 months is very unrealistic.

A lot of people set themselves financial freedom goals. There is nothing wrong with this but be careful about the amount of time that you give yourself to achieve this. Becoming a millionaire in 6 months is theoretically possible but is it realistic for you? We do not recommend that you base your financial goals on winning lotteries as this is incredibly unlikely to happen.

Break your Longer-Term Goals down

Trying to achieve things too quickly is very likely to end in failure and will sap your motivation. But if you set yourself a goal to achieve something over the next five years this can severely test your motivation as well.

OK five years is not a long time in the grand scheme of things but when you just set out on a five-year goal it can seem like a lifetime away. It is better for your motivation levels if you break this five-year goal down into smaller goals.

You may have heard the old saying “the best way to eat an elephant is one bite at a time”. Well that’s the principle in play here. Going for a five-year goal is likely to involve you in a lot of different steps and you can easily lose your motivation for this goal at the planning stage.

So, we recommend that you look at this long-term goal and break it down to as many smaller, achievable in less time, pieces. In this way your new smaller goals seem more achievable and will take less time to accomplish.

What’s the best way to do this? Well first of all identify the major milestones that you need to reach to achieve your five-year goal. Then treat each of these major milestones as smaller goals. So, for example if your goal is to become financially free in five years think about major milestone amounts of money and create a goal around each of these.

Your first milestone could be to become debt free. The second one could be to pay off your mortgage. Next could be having \$50,000 in savings and so on. Do you get the picture here? Each of these smaller goals will contribute to your financial freedom but on their own they seem a lot more realistic and achievable than one five-year financial freedom goal.

It is likely that you will need different motivation to become debt free than you will to save your first \$50,000. The next level from the saving of \$50,000 could be to make investments in the stock market and this will need you to develop a different set of skills and be willing to take more risks.

Financial goals like this are always measurable so you will be able to see the progress that you are making which will keep your motivation high. Imagine that you have \$30,000 in debt across three credit cards. You start by paying off the debt on the credit card with the highest level of interest and then you move on to the next one.

The same thing applies to paying off your mortgage. As you reduce your debt you can start to pay down your mortgage loan with the extra money you have from not having to pay high interest rates on your credit card debt. You can see progress, and this keeps your motivation levels high.

So if you are finding it tough to stay motivated to achieve a specific goal look at breaking it down into sub goals which all contribute to the overall goal. This works really well to keep you motivated and staying on track. The sub goals appear more achievable and realistic which will really help.

In the next chapter we will look at the best motivational habits...

The Best Motivational Habits



Chapter 8

What habits do highly motivated people have that keep their motivation levels high most of the time? We will show you in this chapter. When you decide on a new habit you need to use it continuously for at least 30 days or longer. After that it should become an automatic process for you that you do without even thinking about it.

Getting Energized through your “WHY” Statement

We have mentioned having a strong “why” statement a few times in this book already and the reason for that is because it works! Your “why” statement is your reason or reasons for wanting to achieve goals and will align with your life’s purpose.

If you have a goal to travel across the world in a hot air balloon for example this will be a pretty expensive thing to do. You may need to raise a lot of money to do this which will require a good deal of motivation. So you need to think about “why” you really want to do this to keep your motivation strong.

The same applies to simpler goals like getting out of debt and becoming financially free. To achieve a goal like this you need strong motivation to stop using credit cards to purchase everything that takes your fancy. So create a strong “why” statement around this that really makes you feel energized and motivated.

What is the habit here? We simply recommend that you read your “why” statement every morning before you face the challenges of the day. When you read it make the feelings really strong within you so that your motivation levels are very high. If your “why” statement isn’t cutting it for you then write a better one.

Start your Day right

We strongly recommend that you develop a new morning routine that will energize you and increase your motivation. When you are able to start your day off right you will have a much better chance of maintaining your motivation throughout the day. So here is a suggested routine:

- **Read your “why” statement and goals to give a powerful reason to get out of bed.** Keep these by your bedside at all times
- **Do some deep breathing exercises and then perform some stretches.** This is a great way to get that much needed oxygen to your brain through increasing your blood flow.
- **Start the day with a simple task.** We have already discussed completing a simple task first before you tackle more difficult ones. By completing a simple task, you will get a feeling of accomplishment which will spur you on for the rest of the challenges ahead.
- **Create or review your daily goals or tasks.** You can either do this first thing in the morning or last thing the day before. If you have already created your list, then go over each task and prioritize them.

Show Gratitude

When you are grateful for the things and people that you have in your life then you will receive more. So, make it a daily habit to record what you are grateful for. Write this down and then speak it out loud or think it.

Maintain a Journal

Again, we have touched on the power of journaling already and if you don't have a written journal yet then get yourself one today. This does not need to be a fancy leather-bound diary. A simple spiral bound notebook will do. Just use a new page for each day and add the date at the top of the page.

Make a journal entry at the end of each day. What did you achieve? What obstacles did you have to overcome? What feelings did you experience and why? Was there a time where your motivation levels dropped – if so what were the circumstances?

Once you get into the habit of making daily journal entries you will love it! There is no set format for journaling – just do what works for you. Some people make doodles and others just write. Find easy ways to add emotion to all of your entries. If you need a motivational boost at any time look back over your journal and see what you have accomplished.

Daily Visualization

One of the best ways to boost your motivation is to use visualization techniques. What you need to do here is form images in your mind that will empower you. For example, if you have a goal to own a large house then use visualization to see yourself buying that house and moving in. Take note of how you feel as you receive the keys and walk in for the first time.

Never believe that visualization is a waste of time similar to daydreaming. It is a very powerful technique that successful people use all of the time. When you do it right it can really drive up your motivation levels because you want to experience the feelings of achieving your goals. You can visualize anywhere and at any time so do it daily.

Mix with other Highly Motivated People

Unfortunately, you are probably going to find that your family members and friends are not going to have the high motivation levels that you desire. We are not suggesting that you ditch your family and friends but we do recommend that you find highly motivated people that can excite you and energize you.

These people do not need to live nearby. There are plenty of places to find them online. Look for forums that have positive minded and motivated people. Check out social media groups on Facebook and LinkedIn as well. Try to find at least one new motivated person that you can communicate with every day.

Finding a mentor that you can communicate with every day is another good idea. A good mentor is going to cost you but in the long run it can really be worth it. When looking for a mentor make sure that they have the necessary experience to help you. Ideally you want a mentor that has already achieved what you want to achieve.

In the final chapter we will take a look at the best practices to boost your motivation and keep it at a high level...

Motivation Best Practices



Chapter 9

Here are the 9 best practices that we strongly recommend that you adopt to give your motivation a boost and to maintain it as long as possible. Some of these will take a little practice to become habits but you will certainly benefit in the long run.

Create your Strong WHY Statement

This is a document that you can refer to whenever you need a boost for your motivation. In fact we recommend that you read it daily as part of your new morning routine. The reason or reasons in your “why” statement need to be very compelling and renew your energy for the challenges that lie ahead.

Create Motivational Goals

Use the SMART FOR ME system to create goals that will motivate you. Write your goals down and keep them with you wherever you go. Like your “why” statement we suggest that you read your goals every day. You can read them several times a day if you want to.

Create Motivating Lists

In the chapter about finding a motivation source we recommended that you create a number of lists that you can refer to when you need a motivation injection. A “billionaire Wishlist” and a “no limits” Wishlist can be very empowering and motivate you at any time.

Be Accountable

There are several ways that you can make yourself accountable so that you maintain your motivation to achieve your goals. You can start a vlog or a blog or you can use social media to make a commitment. Be brave here and tell people what you are trying to achieve. The embarrassment of having to tell people that you failed is a great motivator.

A New Daily Routine

Starting the day off right is very important to keep you motivated. Do something physical when you get up such as stretching to get the blood flowing. Create a new daily routine that works for you and will make you want to jump out of bed and start your day with a real buzz.

Use Affirmations

Negative thinking is the scourge of motivation. Create a positive affirmations list and carry this around with you. Say your affirmations out loud twice a day and if you are experiencing negative thoughts then use them to neutralize these.

Use Visualization

Visualization is easy to do and with a little practice you can become really good at it. See yourself achieving your goals and create strong feelings around this. This will improve your motivation levels no end!

Create a Motivation Anchor

This is a great way to receive a motivational boost with very little effort. Think of a time when you were highly motivated and make the feelings strong. Create an anchor by squeezing your thumb and forefinger together. Whenever you need a motivation boost after this just perform the anchor and your state will change.

Keep a Journal

Start a journal and make a daily entry. Be sure to note your achievements and feelings for the day. You can make your entries at the end of each day. Some people make their journal entries at the start of the next day for the previous day. Just do what works for you. It is great to look back over your journal and see what you have achieved to boost your motivation.

Conclusion



You now know exactly what motivation is and how you can use it to achieve whatever you want from life. The tactics and tips in this book really work and it is now time for you to start using them to drive up your motivation levels.

A great deal of time and effort has gone into producing this Motivation Power book for you. We want you to succeed in life and achieve all of your desires and having consistent motivation will certainly help you to achieve what you want.

So now it is over to you. We have provided you with everything that you need to boost your motivation levels and keep them high. You will need to practice some of the techniques, and you will need to consistently work on things for at least a month for them to become new empowering habits for you.

We wish you well with your quest for strong and consistent motivation.

A quick message from Roman Rocha:

Please, feel free to email me at roman@romanrocha.com and let me know how this book has helped you along your motivational journey. I would love to hear from you.



Feel free to *contact* me, *Roman Rocha*, when and if you would like someone to assist you along your path of becoming and remaining motivated.

Here are some other suggested resources to look into:

[Personal Growth: Empowering](#)

[Health & Fitness: Nutrition](#)

[Health & Fitness: Body](#)

[Business: Closing Sales, Confidence, Conversational Selling and more...](#)

[Website Design: Finding someone other than Roman Rocha to design your website, logo, business cards, brochures, and more...](#)

[Website Domain Name, Hosting, SSL Certificate and more...](#)

The decision is yours. I am happy that I could provide you with some tools that will become very effective once applied to your everyday life. Remember you are the master of the masterpiece of your life. Wishing you much success!

Respectfully,

Roman Rocha
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In addition to the value that you have received from this book I would like to say thank you by gifting you with an affirmation that I created to so I can use it every day. It makes me feel happy that I am able to provide you with the words that will help make a step in the right direction. I'm confident that this affirmation will be a great addition to the strong affirmation you already have.

“I am excited to master my life with confidence, courage, and fearlessness because I am an unstoppable person who is motivated to move forward.”