

A person is captured in mid-air, jumping joyfully in a field. The scene is bathed in the warm, golden light of a sunset or sunrise. A large, dark silhouette of a tree dominates the left side of the frame, its branches reaching across the top. The background shows a hazy landscape with rolling hills or mountains. The overall mood is one of freedom, hope, and inspiration.

# MOTIVATION

— P O W E R —

**ROMAN ROCHA**  
QUICK TIPS FOR GETTING THE MOST OUT OF LIFE

# Motivation Power – Cheat Sheet

## Quick Tips For Getting The Most Out Of Life

### Step 1: What really is Motivation?

- Motivation is a state which can be there one minute and gone the next
- It is a force within you that compels you to take action
- There are 3 components of motivation
- Activation
- Persistence
- Intensity
- Motivation can be intrinsic or extrinsic

### Step 2: Causes of Low Motivation Levels

Step #1: Identify the habitual behaviors that are impacting on your motivation

Step #2: Identify the habitual beliefs that are impacting your motivation

Step #3: Do you have any health problems that could be affecting your motivation?

Step #4: Do you have any personality quirks that could be affecting your motivation?

### Step 3: Set Motivating Goals

Step #1: Rediscover your past achievements

Step #2: Identify what is happening in your life right now

Step #3: Use leverage for motivation acceleration

Step #4: Identify your life's purpose

Step #5: Use the SMART FOR ME goal setting system for best results

Step #6: Everyday write out your goals

Step #7: Remind yourself of your goals

Step #8: Be a consistent learner

Step #9: Use others to support you

Step #10: Small and consistent steps

Step #11: Track your progress

#### Step 4: Finding a Motivational Source

Step #1: Write your biography

Step #2: Use meditation

Step #3: Discover what is unique about you

Step #4: Create a strong WHY statement

Step #5: Make a list of your desires

Step #6: Write your billionaire wish list

Step #7: Identify who you admire

Step #8: Write your achievements list

Step #9: Write your judgment free list

Step #10: Write your “no limits” list

#### Step 5: Tactics To Increase Motivation

Step #1: Use photographs

Step #2: Start a vlog on YouTube

Step #3: Create a reminder system

Step #4: Regularly post your results

Step #5: Create a new routine

#### Step 6: Tips for a Quick Motivational Boost

Step #1: Use visualization

Step #2: Use affirmations

Step #3: Listen to some uplifting music

Step #4: Get your body moving

Step #5: Take power naps

Step #6: Create a motivational anchor

Step #7: Make changes to your environment

Step #8: Watch a motivational video

Step #9: Ask yourself the right questions

Step #10: Complete an easy task

### Step 7: Sustaining your Motivation Levels

- Avoid setting unrealistic goals
- Break your longer-term goals down

## Step 8: The best Motivational Habits

Step #1: Get energized through your WHY statement everyday

Step #2: Start your day right with a new routine

- Read your WHY statement
- Do some deep breathing and stretching
- Start the day with a simple task
- Create or review your daily goals

Step #3: Show gratitude

Step #4: Maintain a journal with daily entries

Step #5: Daily visualization

Step #6: Mix with other highly motivated people

## Step 9: Motivation Best Practices

- Create your strong WHY statement
- Create motivational goals
- Create motivating lists
- Be accountable
- Create a new daily routine
- Use affirmations
- Use visualization
- Create a motivation anchor
- Keep a journal



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,

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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."