

Motivation Power

What really is motivation?

- Motivation is a temporary state
- A force within you compelling you to take action
- 3 components of motivation
 - Activation
 - Persistence
 - Intensity
- Motivation can be intrinsic or extrinsic

Set Motivating Goals

- Rediscover your past achievements
- Identify what is happening in your life right now
- Use leverage for motivation acceleration
- Identify your life's purpose
- Use the SMART FOR ME goal setting system
- Everyday write out your goals
- Remind yourself of your goals
- Remind yourself of your goals
- Use others to support you
- Small and consistent steps
- Track your progress

Tactics to Increase Motivation

- Use photographs
- Start a vlog on YouTube
- Create a reminder system
- Regularly post your results
- Create a new routine

Sustaining your Motivation Levels

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

TikTok Marketing 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

Causes of Low Motivation Levels

- Identify negative habitual behaviors
- Identify negative habitual beliefs
- Do you have health problems?
- Do you have any personality quirks?

Finding a Motivational Source

- Write your biography
- Use meditation
- Discover what is unique about you
- Create a strong WHY statement
- Make a list of your desires
- Write your billionaire wishlist
- Identify who you admire
- Write your achievements list
- Write your judgment free list
- Write your "no limits" list

Quick Motivational Boost

- Use visualization
- Use affirmations
- Listen to some uplifting music
- Get your body moving
- Take power naps
- Create a motivational anchor
- Make changes to your environment
- Watch a motivational video
- Ask yourself the right questions
- Complete an easy task

Best Motivational Habits

- Read your WHY statement every day
- Start your day right with a new routine
- Show gratitude
- Make daily journal entries
- Daily visualization
- Mix with other motivated people