



# MOTIVATION

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## P O W E R

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

# Motivation Power - Resources Report

## Resource #1

Find solutions online to overcome habitual behaviors that negatively impact your motivation  
Find solutions online to overcome habitual beliefs that negatively impact your motivation

Go to your doctor and get a full health check to ensure you do not have any health problems that could affect your motivation

Identify any personality quirks and search for solutions if any found

Goal: Eliminate issues that can drive your motivation to low levels

## Resource #2

Look for examples of passionate goals online

Look for examples of goals that are motivating online

Learn how to create inspiring goals using the SMART FOR ME goal setting system

Identify your past achievements and successes and use these for inspiration

Learn about the pain / pleasure principle and how to apply it

Identify your true life's purpose

Look for examples of good reminder systems to keep your goals in focus

Look for people to form your support network

Goal: Set yourself goals using the SMART FOR ME system that will truly motivate you.

## Resource #3

Learn how to start a vlog on YouTube

Learn how to setup a blog and make regular posts if you choose the blogging option

Goal: Take advantage of proven tactics to increase your motivation.

## **Resource #4**

Learn how to visualize properly so that you get the best results

Find examples of positive affirmations online that you can use as a reference for your own

Identify the music which is most uplifting for you and copy this to your smartphone and / or computer

Learn how to create a powerful physical anchor using credible online resources

Use YouTube to find the most effective short motivation videos

Goal: You want to be prepared to implement techniques that will provide you with a quick motivational boost

## **Resource #5**

Look for examples of powerful WHY statements online that you can model

Find some good breathing exercises and stretches that you can perform every morning

Checkout online communities to find other highly motivated people that you can share experiences with

Goal: Get prepared for implementing the best motivational habits.



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."