



Motivate Yourself Into Action !

How to get motivated and stay motivated.

by

Jack Cox

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Chapter 1 – Introduction

Motivation is what gets us out of bed in the morning and keeps us going. It is one of the main reasons we succeed or fail. Motivation is the drive we have to tackle and complete any task. The ingredients of motivation are combined with many factors which include simplicity, attitude, the people we associate with, the way we think, knowing ourselves, the way we help other people and so much more.

The purpose of this e-book is to take you through some methods you can practice on a daily basis to get and remain motivated. These techniques can help you feel better about yourself in everything you do. You can take these methods with you when you go to work and when you are at home.

Motivation is the spark we need to make it through the day, to set and meet our goals, and more. Without motivation we can not succeed. When we feel apathy toward something we are not motivated because we couldn't care either way. This is the worst attitude one can possibly have. It is essential to always have a preference, even about the minor things in our lives. Someone who has no preference isn't capable of achieving anything because they don't care if they do or not. If you really don't have a preference, act as if you have one. I explain this further in my free [eCourse](#). If you are feeling this way, this e-book is exactly what you need to help you to overcome your lacklustre attitude and begin feeling really motivated again.

When you are motivated you will also help others because your attitude will be contagious. At first some of these methods may be difficult for you to do or to remember. It will take time for you to begin to naturally practice and follow these techniques. Give yourself that time and be patient with yourself. When you practice these daily motivational techniques, they will eventually become second nature to you.

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Chapter 2 – Keep It Simple

The first thing to do is to create an uplifting space around you. This space should be kept simple and positive. The objects you surround yourself with have a lot to do with the way you feel. The space you spend your time in includes your car, your home, and the place you work in.

Your office or other work space should contain and display items that make you feel positive about life and about reaching your goals. It's a good idea to surround yourself with pictures that remind you of your goals. Post them on the wall of your office or other workspace. This way you will have a constant reminder of the things you are working towards.

Only you know where you would like to be in the future. You should create your space as a constant and positive reminder that you are working to get there. Create a positive atmosphere around you no matter where you are. If you spend many hours in your car, make it a positive space too. This means clean it up. Don't drive around in a depressing vehicle that is full of rubbish and old paperwork. You will be surprised how good you will feel when you clean up your car.

A clean home, car and office amount to a really big deal when you need motivation. If you find yourself sitting in mounds of paperwork you might have the attitude you are never going to complete all the things you need to do so why try. A messy workspace can be frustrating and depressing. It may cause you to procrastinate and become disorganised.

A messy or dirty home can be depressing and disabling. Many people will sit around procrastinating for hours in a messy home. It is amazing how good a clean home can make you feel so the best thing you can do is clean it up now. Then you will feel great and ready to take on anything. Give away those clothes which have been sitting in the wardrobe for years and that you hardly ever wear. Give away the toys that your children have outgrown. Clean out the mess in the shed and the garage. Don't just wipe down the surfaces and do the washing up.

While you are at it, how about getting out the paint brush. Think about the colour scheme that will be right for you. Warm colours (e.g. red and orange) are stimulating while cool colours (e.g. blue and green) are relaxing. Which rooms do you want to work in and which do you want to relax in? The idea is to create a new space that is positive and ready for the new that you want to come into your life. Out with the old, in with the new. You will start to see your goals as achievable. Its amazing how this works.

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Chapter 3 – The Company You Keep

Associating with positive people is one of the best ways to be and stay motivated. It's a good idea to talk to someone positive at least once a day.

Some people are not very sociable and may go for days without talking to others. This is very unhealthy. If you are not a very sociable person and find that you don't have many encounters with others, you may not be too motivated to succeed either. This doesn't mean you have to be a social bug but do try to foster more positive interaction with others.

Keeping good company means interacting with others who are supportive towards you and your goals. You want people to support you and believe in you. If you are around people who are unsupportive and negative about your endeavours they will only bring you down. Try to cut out all negativity from your life. If these people are family members it could be the most difficult decision you ever made. However, it will be the best thing you can do for you. If people are not supportive or positive, cut them out of your life. You don't necessarily have to break off a relationship or friendship, there are less drastic solutions and I talk more about them later.

Try to have regular encounters with positive people. The best way to start your day is by having coffee or breakfast every morning with a positive person. Ideally this will be your spouse in a loving home environment. If this is not appropriate for whatever reason there are other alternatives. Maybe if you live near your best friend you can plan to leave for work earlier everyday and have coffee or breakfast together on the way. This is an excellent way to start your day and put you in a great mood. When you get to work you won't feel like such a grouch.

If you do not have time in the mornings, any other time of day will do. You don't necessarily have to see the other person face to face either. There are techniques you can practice to encounter others positively without ever seeing them in person. How you do these things is up to you but this is very important. Many of the ways you can have a positive encounter with people include in person, over the phone, and over the computer. Try to make this a habit on a daily basis.

Try to find the time to talk to someone in person or on the phone. You might have a best friend you can call and talk to or a family member. Be sure the person is someone who makes you feel good about yourself and about life.

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If you don't like to talk on the phone and you don't have time to stop by and talk to someone everyday then you might consider the internet as your best option. Many people use this method as a way to keep good company. When you go

online you can join a chat room for just about anything. There are millions of chat rooms all over the World Wide Web. Be sure to pick a chat room that is about something you feel good about. For instance, if you have a goal to do something you might join a group with others who are working toward the same goal. This is a very good way to boost your positive attitude and motivate yourself to work toward that goal.

Negativity can be very infectious. You want to be sure the people you are talking to are positive. If the people you choose to associate with are negative, always complaining and putting others down, they will prevent you from staying motivated and achieving your full potential. Negativity will only bring you down and cause you to be negative too. The good news is that positivity can be just as infectious. So mix with positive, uplifting people whenever you can.

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Chapter 4 – Commit to Continuous Learning

Learning promotes growth. It is healthy for the brain and you are never too old to learn something new. Everyday you should try to learn something new. The best ways to do this are through reading and listening.

If you often feel unmotivated it's a good idea to increase your learning. Even if you are not an avid reader you should try to read something day. Reading is good for the brain and is stimulating for the mind. Continuously learning new things will help you become open to new ideas and will encourage you take on projects you didn't think you could handle before.

A morning newspaper is a common way some people like to stimulate their brain but remember that quality is much more important than quantity. Most daily papers are so full of negatively, political and racial chauvinism and complaining that they are probably best avoided. A [self-improvement or motivational book](#) is a much better bet. Try reading just a few pages every day instead of just watching television.

Reading is not the only thing you can do to be continuously learning. If you don't have time to read or if you don't like to read there are other ways you can learn. Many people like to listen to [audio CDs](#) on long journeys, when commuting to and from work, or in the home while doing housework. Although its really helpful if you can associate with the people you admire and want to be like, this is not always possible, at least in the beginning. Listening to their CDs is the next best thing.

Listening to your friends, family and other people is another important aspect you need to focus on to remain motivated. When you listen to others they will want to be around you because they will know that what they say means something to you. You will feel good about yourself as you respect others. This too builds motivation.

Continuous learning is extremely important to motivation. Successful people maintain a routine of learning something new every day.

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Chapter 5 – The Power of Positive Thinking

If you are negative about achieving a goal you will procrastinate and not want to work hard toward it. Positive thinking is the key to every success in life. If you want to achieve a goal you must be positive. Positive thinking can be achieved in so many ways and it is what will help you become motivated to do the things that will move you forward in your life. There are many ways you can adopt and maintain a positive mental attitude.

Focus on the Important Things

It is very common for people to focus their energy on things that are not important to them. When your emotional energy is spent on trivial things it can be very draining. The first thing you need to do is to be very clear about the things in your life that really are important to you. Write out a list of your top ten Life Values, and rank them in order. These are the things which are most important to you. Then create a Mission Statement and a Vision Statement for your life and your goals. This way, when you feel stuck, you can re-evaluate whether you are on or off course and from that, decide whether to push forward or change direction. Remember too, to always focus your attention on the things you want, never on the things you want to avoid. Worrying is thinking about what you don't want. If you catch yourself going down that gloomy road, change direction straight away and start contemplating your goals. When you are clear about the important things you will maintain a positive mental attitude.

Maintain Good Health

Motivation also means you must be a healthy person. You cannot have a positive mental attitude when you don't take care of your body. I am not saying that people with chronic illnesses cannot be motivated. The important thing is to take care of your body as best you can under the circumstances. There are five primary things can do in order to create a healthy body. These include avoiding toxins, drinking plenty of water, eating healthy foods, getting plenty of sleep, and getting plenty of exercise.

Your diet can have a lot to do with the way you feel. A balanced diet can make you feel good and positive every day.

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Avoid coke and similar fizzy drinks. They are full of Aspartame (NutraSweet) and other dangerous chemicals.

Eating a balanced and healthy diet means cutting out most fatty foods, the sugars, alcohol, junk food and other things that get you down. A balanced diet can help you lose weight too. Being overweight can be a factor leading to a negative self image. The best diet is one full of fruits, vegetables, fish and chicken, and a lot of water. Watch your portion sizes too. If you are consuming the right foods you might just need to cut down on the sizes of portions you eat.

Exercise is also very important. Everyone should exercise on a daily basis. You should take at least 15 minutes of exercise everyday. You don't have to do aerobics or anything too strenuous. Walking is one of the best things you can do for your body. A brisk 15 minute walk every day will make you feel great and completely change your attitude. This will also make you motivated and create a positive attitude about the directions you can go in your life. Then try to manage a longer walk, in the park or in the countryside, at the weekend. Cycling is good too. Consider the feasibility of cycling to work every day. This is not possible for everyone of course.

If you are tied to a desk for a large portion of your day and you don't think you have time to exercise, that is just an excuse. There are even desk exercises you can do while sitting. During your lunch break you might choose to walk around the exterior of the building or even just in the hallways. You could also choose to take the stairs and not the lift.

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Sharing

Two other things you can do to create a positive attitude is to share and to give. Giving includes not only gifts but your time, attention, and energy too. You might give yourself by spending time with people who need it. Spend time with a friend in hospital or do something to boost someone's attitude. One of the best ways to boost your own attitude and feel great is to help someone else. You might give gifts but you don't have to spend money. It is really simple to take five minutes out of your day to do something nice for someone. You may come across situations that give you the perfect opportunity to step in and help someone. Maybe somebody is stuck on the side of the road with a broken down vehicle. Or you could give a small amount of small change to a stranger if they are short at the supermarket checkout. Maybe you could assist a neighbour to build a fence. There are lots of little ways to help people.

Get Rid of Unnecessary Items

As I mentioned before, if your home is cluttered with things you do not need or that are just taking up space you might consider giving them away. The old saying that 'someone else's junk is another's treasure' really does ring true. You might be so focused on possessions and the things that you own that you really don't enjoy life as you should. Maybe you grew up with nothing, which is why possessions are so important to you now. One of the best ways to feel good about yourself and give yourself an immediate boost is to give some of it away. When you release those possessions you own but no longer need, when you realise they really aren't that important to you after all, when you can just give them away, you will feel a great release and a new sense of freedom and optimism. You will feel very much better about life and about yourself.

I learnt this lesson the hard way. Rather than give my old stuff away I was paying to keep it in storage. I had intended to sort it out and take most of it to a nearby charity shop but never got around to it. Then the warehouse burned down. The miracle was that all the things I no longer needed were destroyed but the things I really did still need in my life somehow survived. I wish somebody else could have had the benefit of those things though, if only I had not procrastinated. Nevertheless, the relief and sense of freedom I experienced was overwhelming. Out with the old, in with the new!

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Seeing the Funny Side of Life

Life is funny. When you see the funny side of life and the humour in things you will have an excellent attitude. You will find the people who have the best attitude often have the best sense of humour. When you have a good sense of humour you will feel great about life and be positive. This can also help you create motivation so you can move forward and achieve goals you set.

If you tend to be serious all the time you might want to take a step back and see the funny side of life. Being too serious can only cause stress and worry. When you are stressed and worried it's a sure bet that you are focusing on what you don't want. Focus on the funny and the positive. If you don't take yourself or life too seriously you will be able to find something funny about most things.

Focus on Your Strengths

Everyone has strengths and is good at something. You might be one of the millions of people who are working at a job that does you no justice. You might have qualifications or aspirations far and beyond what you are currently doing. If so, set yourself goals and visualise them as already complete every day. Write out your goals in the form of affirmations and repeat them three times a day. Soon you will find yourself acting in such a way as to bring yourself and your ideal career together. I explain this further in my free [eCourse](#). In the meantime you can still practice the things you enjoy and the things you are good at as a hobby.

When you focus on things you are good at, it makes you feel good. If you love arts and crafts or writing or whatever it happens to be, you should spend time doing these things regularly. This can help you become positive. When you focus on your strengths and the things you enjoy, you will become motivated to achieve your goals in these areas.

The best thing you can do for yourself is play on your strengths. Think about the things that you enjoy doing. Think about the things you are good at. You know you are good at something. So think about these things and begin to focus on them. Set time aside for yourself to enjoy these things. Be sure you focus on something that makes you feel good. If you are not good at this task yet, it is still okay. You can be the worst painter in the world but practice makes perfect. If it makes you feel good and positive then you should stick with it.

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Chapter 6 – Procrastination

Procrastination is always damaging. It leads to problems at work, in your personal life and more. It can be the reason you don't complete all your tasks every day. If you work from home you might find you get drawn into a television programme or computer game. When you look at the clock the day has gone by and you haven't completed any of your work. This lack of productivity will cause you to be very frustrated and demoralised.

Chronic procrastinators are usually aware they are procrastinating but still they cannot get out of the rut they are stuck in. It is common to sit around and think about how things could be, if only.... You might have a project you need to complete yet you sit around and think about doing it rather than actually getting stuck in. You might still meet your deadlines but only at the very last minute. This doesn't make you feel good about yourself. Putting things off is a serious problem for many people. If you are affected by it, its time to get the ball rolling.

If your motivation is lacking on a project you might consider changing the focus to something else that needs to get done. If you have a report you need to finish but you cannot find the motivation, don't sit in front of the computer and play. Find something else around the house to get done and then go back to get the report done. Starting another task may give you the momentum you need to get rolling with the project you need to get done.

Maybe you spend half the day playing office instead of getting on with more productive tasks. There is a story about putting the big stones in first. Imagine you have a tank you need to fill with stones, sand and water. If you put in the sand and water, then the small stones, there will be no room for the big stones. However if you put the big stones in first, then the small stones, then the sand, then the water, everything will fit in fine. The little 'playing office' type tasks never go away. So always start your day with the biggest, hardest jobs. In his book Eat That Frog: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time ([UK](#) / [US](#)), Bryan Tracy talks about eating your biggest, ugliest frog first. I like that.

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Chapter 7 – Getting to Know Yourself

One of the ways you can motivate yourself is to get to know yourself. You need to focus on yourself and think about the things that make you feel good and the things that make you feel bad. This is a very old idea. “γνώθι σεαυτόν γνώθι σεαυτόν” (“Know Thyself” in ancient Greek) was inscribed in the forecourt of the Temple of Apollo at Delphi.

Writing is a very healthy way to get to know yourself. You might want to try writing in a journal or making use of lists. Lists can be very helpful for becoming positive and getting to know yourself. First, make a list of the things that you feel good about. These might be anything from the first cup of coffee in the morning, a fresh pair of socks to achieving a big goal.

Write a list of all of the things that you enjoy doing and the things that you like. This list can help you create a positive atmosphere by surrounding yourself with positive things in your life. This list will also help you create better and more positive days. You will feel motivated to design a life full of the positive things that make you happy.

You should also write about the things that are negative in your life and the things that bother you. This list should include everything that might cause you to feel negative about days or events in your life, the things that negatively affect you in some way. You might have a chair in your living room you absolutely hate. Put it on your list of things to do and get rid of it immediately.

Once you have the negative list, begin immediately to remove all these items and behaviours from your life. Think of the ways you can design your days around only the positive things without the negative ones.

Getting to know yourself it is the best thing you can do. It is so important to understand the things that make you feel positive and the things that bring negative emotions to you. The better you can design your life in a positive fashion, the more you will be entirely motivated to live it thoroughly.

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Chapter 8 – Goal Setting

Goal setting is the most important thing. If you don't have any goals you must be pretty bored. Some people sit around everyday and say they are content with going back and forth to work to the same job every single day, year after year. You see nothing happen and you can always guess where they will be because they never do anything out of their routine. You might be one of these people.

Setting goals helps you grow. It makes you feel good to set goals and work toward making them happen. Goal setting is healthy for your body and healthy for your mind. One of the things to consider when it comes to setting goals is that you do not want to just sit around and talk about the goals you have. This will just discourage you.

Think big and set big goals. You don't need to see the whole journey. As you keep your goal in mind and keep moving towards it, one small step at a time, the next section of road will be revealed to you. It's a bit like walking in the mountains. There is a big outcrop of rock in front of you obscuring your view of the path but you don't give up and turn back. No of course not . You just keep plodding along the path, going up, until you round the outcrop and more of the path is revealed to you.

Give yourself a deadline for completion and keep track of your progress. As you meet certain milestones you need to treat yourself to something special because you are one step closer to reaching your goal. If you are running behind you might need to pick up the pace a bit or extend your deadline. Be sure that you are only running behind because you underestimated how long a stage would take and not because you are procrastinating.

Goal setting is very important. When you set goals and lay them out with time frames and milestones you will be more motivated to complete them. As you reach certain milestones you will be motivated more than ever to reach the end of the project. This is a very positive way to work on projects.

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Chapter 9 – Helping Others

As I have already said, helping others is a very important way to make yourself feel good and feel positive about your life. When you help others you will feel very motivated about your own stuff. Many of the ways you can help others include sharing knowledge, visiting others, helping people seeing the positive, and much more.

Sharing your knowledge is a good thing. There is a difference between sharing your knowledge and sharing your opinion. If you have something to say that is helpful and educational it is a good thing. Be sure you are clear about offering your opinion. It will only make you feel bad later if you should hurt someone's feelings.

Knowledge sharing means you talk about the things you know. If you are educated or skilled on a specific subject maybe you can offer to teach people how to do the things you know about. If you are a skilled underwater basket weaver then share your knowledge. There are always people who are excited to learn something new. It will actually make you feel good to share your knowledge with others.

Spend Time with Friends

It is very common for people to be negative and have a bad attitude. If you know one of these people you don't want to spend too much time hanging around them or you might find yourself becoming negative too. One of the things you can do is help these people create a more positive attitude toward life and their natural surroundings.

Some people are so negative they are very hard to be around. When you help negative people by spending time with them it doesn't mean you are about to revolutionise their way of thinking but your positive attitude can be contagious. When someone is down in the dumps or feeling negative you can help them by seeing the positive side of the situation. You can help them see the good in the negative things that are happening in their lives. You can also help them realise that they have a choice as to how they react to any given situation.

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The sooner someone realises that although they can't control the original event, they can control their reaction to it, and that the final outcome is dependant on their reaction, the sooner they can find happiness again. I go into this much more fully in my free [eCourse](#).

Spending time with negative friends means sharing your positive attitude. You want to share this energy but do not force it upon anyone. Don't try too hard to change someone else. They will change when they are ready, or not as they choose. All you can do is act as a catalyst. And remember, don't hang around long enough for them to drag you down to their level.

Find the Good in Other People

Everyone does have a good side even if you don't see it immediately upon meeting them. Some people might strike you as entirely negative. The initial confrontation may be unfriendly and frustrating. Try to find the positive side in people no matter how difficult they seem to be.

It is important to try and find the good in others. Everyone has good aspects. The more good you find in others the easier it will be to talk to them and be around them. If you are forced to be around negative people in a meeting or some other situation you cannot avoid, finding the positive will help you make it through.

Being More Positive with Everyone

Even though you are looking for the positive aspects in negative people you need to remain positive in everything you do. Be positive with the people you are around. The more positive you are to people the more motivated you will feel too. You don't have to suck up to anyone when you are being positive. If you are around people you don't like you still don't have to be negative.

You can be a positive person and find the good in everything. The coffee might taste great and you slept well. Beating the traffic to work was a good thing and if you didn't then you had great [audio CDs](#) to listen to on your way. You have lots to be positive about. It is about focusing on the little things and finding the positive in them. The more positive things you find in people and events around you the happier you will be. You will also be more motivated to make it through every day and reach your goals.

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Transmit Your Positive Attitude

When you are feeling great and positive, be sure to transmit your attitude to others around you too. A positive attitude is addictive and people will enjoy spending time with you because it makes them feel good too. This can help you move up in the corporate world as well.

When you have a positive attitude, transmit it to others. This also includes when you are on the phone or on the computer. It is sometimes harder to communicate effectively over the phone or by email, especially when you are tired. You may not even notice that you are coming across as rude to the other person. So this is something to be aware of as you try to transmit your positive attitude to others. Smile as you talk on the telephone or type an email. Although the other person can't see your smile, they will pick up on it somehow. This is healthy for you and it will make the other person feel good about you.

Let People Know You Care

One of the ways you can be more motivated and feel great about yourself on a daily basis is to let people know that you care. You don't have to get credit for these things. You will feel great making someone else feel good. Sometimes you will feel even better doing things for people without them knowing it is you.

You might consider sending token items to friends and family like cards and flowers. When you care about someone, always let them know that you care. You don't have to buy items and spend money. If you don't have money to spend there are other ways to do nice things for people. These things might include something simple like pouring them a cup of coffee, looking after their children one evening so they can go out, or anything else.

Letting people know you care about them is important to them but it also makes you feel good. There are so many ways you can let people know that you care and you don't have to spend money either.

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Share Your Sense of Humour

Laughing is healthy for your body and your soul. If you know some funny jokes or you begin to see the funny side of life, share it with your friends and people you are around. A sense of humour is good for you and it is healthy for other people too. The ability to make people laugh is a good thing and if you are capable of making people laugh use this skill. This will be good for them because you will be raising their spirits and it will feel good to you too.

Sharing your sense of humour is good for you and good for the people you are around. You will feel good about yourself and might even be motivated to find new jokes for each day. Don't overdo it though. Gauge people's reactions and if your jokes are not going down to well, knock it on the head. Remember too that there is a time and a place for everything.

Be a Good Listener

Helping others create motivation and a positive attitude also means you need to be a good listener. When you listen to people they realise that you actually care about what they have to say. It shows you have a sensitive side. When you listen to others they realise that they have something positive to focus on.

Listening to people gives you the opportunity to show them the positive in the negative they are focusing on. This will help you help them. Listening means understanding how the person is feeling about what they are saying. You might want to repeat back to the person some of the things they are saying. This will reinforce to the person you are listening to them. When you are a good listener it will make you feel great because you will see the positive effect it has on the other person. You will also create better friends.

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Give Your Positive Attitude

There are many other ways you can give your positive attitude to other people including laughing, paying compliments, and setting an example.

Laughing is contagious. People are often drawn to laughter and they want to take part in the fun. Laughing is also healthy. You might find people who laugh often really are happy and healthy individuals. So sharing your laughter and your attitude will be very infectious to the people around you and you will feel good about yourself.

Another way to give your positive attitude to other people is by setting an example. When you do good things and people around you see it they also will jump in and help too. This includes stopping along the side of the road and helping someone change a tyre. When you give your positive attitude and you aren't afraid to give to others people will join in.

There are many things that you can do to help others. When you help others with your positive attitude and behaviour it will feel great. You will be motivated to help others more. By following these many different techniques you will find you are much more motivated every day and you will be creating an environment that is positive and uplifting.

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Chapter 10 – Building Motivational Habits

There are many ways you can build motivational habits on a daily basis. Habits can be hard to create but once you begin working hard to meet them they will begin to come naturally to you. There are many things you can do to create habits that are motivating and positive.

Visual and Audible Motivators

Visual and audible motivators are extremely important because your surroundings can create the attitude you have everyday. If you are in a negative atmosphere you won't feel motivated to do much at all. One thing you can do is use visual motivators to create a positive atmosphere and help you on a daily basis.

Visual motivators are things that include positive quotes for you to read and focus on. They might include a change you hope to make in your life. There are many posters you can choose from to stick on your walls at work and at home. This way you can read them and stay focused on the positive. The great thing is you don't even need to read them, you will be absorbing their message subliminally.

If you don't want to paste these things on your walls you might consider a motivational calendar. Every day the calendar will give you a new quote to focus on for the day. Some people like to use cartoons and jokes to maintain a good attitude.

There are many things you might consider to be a visual motivator. These things include anything that makes you feel really good and positive. One powerful technique is to have a Vision Board with pictures of all the material things you wish to acquire. A Vision Board can be a physical board you hang on the wall or a screensaver on your computer. Remember that visual motivators motivate you on a daily basis because they will be somewhere you will see them everyday.

Audible Motivators include great [audio CDs](#) to listen to on your way to work, in your car or on the train or bus, or at home while doing housework. Again you don't need to attend to these, you will absorb their message subliminally. So get some [audio CDs](#) and stay motivated with the masters of self-improvement and motivation.

Cultivate Positive Friendships

Friends are people you get along with and people who care about you. Those people will always build you up and make you feel good.

If you have friends who shoot you down or make you feel negative, you shouldn't keep them as friends. Always spend time with the people who make you feel good about life and good about yourself. Spend time with people who support you in your goals and who believe that anything is possible. The more time you spend around people who make you feel good and motivated the faster you will achieve your goals. .

It has been said that you become a mixture of the five people you spend the most time with. This is very true. If the people you associate with are negative and life is hard or impossible, you will start to think that way too. You need a support group that is positive and encouraging.

Deciding to cut negative people out of your life can be difficult. Sometimes you just have to be ruthless. You might choose to gradually stop talking to them or you might try and talk to them about their negativity. If their friendship means a lot to you maybe you can point out their negativity and how it is limiting them and see how they respond. Some people don't realise they are being so negative until someone points it out. This could save a friendship and maybe you could have a new partner with whom to begin the quest for motivation.

Read and Listen

As I said before, reading and listening are two habits you must build into your motivational daily routine. Reading [uplifting material](#) is one of the best things you can do to strengthen your mind and build confidence. In order to become the person you strive to be, you must read about how to be this person.

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Self Talk

Positive self-talk is a very important daily habit you need to build. There will be circumstances you need to walk yourself through and positive talk will help you make it through these times. Self-talk can help you in many ways. It can help you feel good about yourself and how you look and how you are going to perform on a certain event.

If you have a meeting you are very nervous about because you have to give a presentation, positive self talk can help you to do a good job. It isn't crazy to talk yourself through situations.

As you can feed off the positive reinforcement from others, so you can give yourself positive reinforcement. When you wake up in the morning and you need to give yourself a little encouragement, it is very powerful to talk to yourself about making it through the events of the day. Create the positive circumstances in your head and make them happen.

But there is a lot more to the subject of self-talk than this. Self-talk is so important that, in my free [eCourse](#), I devote a whole lesson to this topic. When you talk to yourself positively you will begin to believe the positive and act positively.

Maintain a Positive Attitude

You must remain positive at all costs. Life is tough if you expect it to be tough but as soon as you stop thinking it is so difficult, you will find it becomes so much easier. Don't focus on how difficult life is. Deal with the difficulties of life as they occur a stay focused on achieving your goals.

A positive mental attitude is vital to motivation and success. When you are positive and optimistic about events and circumstances that you used to think were too tough for you, you will make it through them much more easily.

The most important thing you need to remember is that, although you can control every event that happens, you do have total control over your response to it, and it is your response which determines the final outcome. If you can maintain a positive attitude, and look for the lemonade in the lemons, you can win every time. A positive attitude will help you feel so much better about every aspect of your life.

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Breaks

One of the things to remember is that you need to slow down every now and then and take a break. Give yourself the time to reload the energy and recharge your batteries. Taking a break means giving yourself a moment to relax. This doesn't mean get caught up into a realm of procrastination. If you have a bad habit of getting drawn into watching television, then take a break where there is no set. Be sure the break you take is long enough to recharge and regroup but not so long as to lose your momentum.

If you have a big family and the house is often chaotic, or even if it's just you and your partner, self-time is very important. You may have to wait until all of the children are asleep or early in the morning before they wake up, but get some time to be alone. Schedule at least 15 minutes every day to be completely alone. This time is for you, just you. You will be surprised how amazing just a little bit of time to yourself each day, thinking your own thoughts, answering to nobody, will make you feel.

Share with Others

As I keep saying, once you have become motivated you can begin to share your motivation with others. When you share motivation it will be contagious and so will your passion. As you share your passions you will also find that you are now driven to new heights of achievement. Be sure to share your motivation on a daily basis.

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Chapter 11 – Maximising Motivation

As you become motivated there are certain techniques you can add into your daily regime to maximise your motivation and make you feel great. Many of the things you need to consider include consequences, pleasure, instructions, incentives and more.

Consequences are worth thinking about when it comes to maximising your motivation. You can think about the consequences and even point them out if you are trying to motivate others for a good performance. It is important to remember not to use consequences as threats. Threats will cause people to be turned against you. There is a big difference between awareness and threat. For self motivation the knowing the consequences can help someone get their act together.

Incentives and rewards are very important. If you are not yet in the habit of treating yourself to something good as a reward for an accomplishment, its time to begin. Self-rewarding is one of the best ways to get yourself motivated. As soon as you reach that goal you have been working hard toward, go out and buy yourself that new watch you have had your eyes on for some time. For smaller accomplishments, such as finishing a report or project, treat yourself to a meal out or a trip to a sporting event or whatever. Start to train yourself to believe that every accomplishment is rewarded.

Instructions are also an important way to get the best out of your motivational techniques. You might find that you can never rely on anyone because they always let you down. Maybe they didn't understand. Instructions should be detailed and clear. You don't have to make the other person feel like a child but you can provide them with clear instructions to help them. Most people work better when they know what you expect from them.

You might need to write down instructions for yourself too. If there are questions about the steps involved in a project, try to ask questions and gather the necessary information. But don't spend so much time preparing to act that you never get into motion. Often you won't see the next step until you have completed the current one. Clarity will often help you become more motivated but don't let lack of clarity prevent you from getting started.

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As well as a big end goal its important to have smaller intermediately goals which mark specific stages. Be clear on which goals are realistically reachable in a short time frame and which goals may take longer. Intermediate goals can help guide your actions and help you plan your work. Goals are motivating and should always be set. When you stop goal setting you will no longer be motivated to achieve anything. Remember to reward yourself when each intermediate goal is reached.

Trust, respect and gratitude are three other things you should consider. If you are trying to motivate others you need to give them these three things . People need to be trusted and respected and to know that you appreciate their efforts. When they know they have these things from you they will respond to you in a better way and will want to do more for you.

Constructive criticism is also very important for maximising motivation. If you are trying to motivate others you should always be constructive and not damaging. Running someone down will not help them to become motivated. Instead it will cause the situation to get worse.

When you provide constructive criticism you are still working towards a positive outcome and you can help people to find positive and creative ways to remedy the situation and save face. This includes you too! Never beat yourself up. I like to jokingly say “Don’t run yourself down, there are a million motorists out there who will do it for you for nothing” and “Don’t put yourself down, find a qualified vet and have it done professionally”.

Joking apart though, don’t be hard on yourself. Treat yourself as you would like to be treated by others. Just do your best and strive to get better each day.

Make life fun. When you work on projects, whether in your personal life or at work, try to find the fun in them. Making things fun can help motivate you and others who are working on the project with you. If your work doesn’t feel like work you will enjoy it so much more. If your colleagues or employees are lacking motivation then strive to create a fun and positive environment for you all. This will lead to excellent results rather than problems with hostility.

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Communication is another way to remain motivated and to motivate others. Try to ensure that all communication lines are open. If there are any potential communication problems that could arise you need to be aware of them in advance. The more aware you are of communication issues that could arise the more you can prevent them from occurring.

Stimulation is important too. Practice something stimulating every day. Stimulation is good for the brain and to remain motivated. If you do the same things every single day you will become bored, find it hard to reach goals, and lack motivation. Be sure you create a stimulating environment for yourself or just mix things up a bit. Something as simple as eating lunch somewhere different one day can help you be more enthusiastic and to see the big picture.

Improvements are important. One thing you need to add to your motivational regime is to demand improvements. As you practice your motivational techniques you can find ways to improve your attitude and the way you do things. Try to find specific areas where you can make improvements. This will help keep you motivated to work toward these goals.

Demanding improvements from yourself is an excellent way to avoid stagnation. When you improve don't be afraid to raise the bar. This helps you excel even further beyond what you might have thought you could have done.

Another thing to think about is being creative. When you work on your motivational techniques everyday be sure you are creative. Never be afraid to try something new and innovative. It is healthy to be creative. Encourage creativity in others too. Some people have a lot they can teach you when you show them you are interested in seeing their creative side.

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Chapter 12- Conclusion

If you find that you are having a hard time staying motivated on a regular basis there are certain things you can do. Motivation includes a combination of behaviours so you can feel the motivating spark to accomplishment.

If you are motivated you have the oomph you need to make it through anything. There are many things you can do if you are lacking motivation. One of the most important thing you have control over is the way you think. Positive thinking is one of the most powerful techniques you can practice every day. Every time you feel yourself feeling negative about something, pinch yourself and remember you are working on motivation. Positive thinking at all times will help you to see the good in everything.

The people you mix with have a big effect on you, even if you don't think they do. When you surround yourself with positive and motivated people you will soon come to feel the same way yourself. The best thing you can do for you is hang around people who are supportive and believe in your goals. People who boost your spirit and your attitude are the best people you can have in your life. They will help create the motivation you need to meet your goals and reach higher levels of achievement every day.

If you practice these motivational techniques daily you will soon feel great and be optimistic about achieving your goals. As you begin working toward motivating yourself you might find some of these methods difficult to perform. You might need to create a list of the things you need to do. These things may not come easily to you and you may have to work hard to establish new habits of thought and action. Don't worry. After time you will find that these daily motivational techniques will come naturally to you and you will no longer have to even try. You will be a motivated and positive person and many people love to be around you.

Of course there is a lot more I can teach you about staying motivated and achieving the success you crave. That's why I urge you to sign up for my FREE Success Principles eCourse. You will get a full length lesson every month packed with powerful information you will need to fulfil your potential and achieve your dreams. I also encourage you to email me every time you have a question about the course material or about anything that is going on in your life. Its all free so what are you waiting for? [Sign up today!](#)

With my very best wishes for your future,
Jack Cox

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