

ACHIEVE GREATER SUCCESS WITH A DAILY SELF- MOTIVATING REGIMEN

In the last lesson, you discovered how important motivation is for overcoming your challenges. But how much of your time do you spend seeking motivation from external factors? How often do you get it and how long does it last?

Your typical experience is probably that external motivation has an expiration date. For example, you can look at a successful person and feel motivated by their success. But what happens when you aren't able to achieve similar success in short order?

That's where today's lesson will help you. You'll learn how to make self-motivation a part of your everyday activities. When it's part of your daily routines, motivation becomes a habit and it's always there for you when you need it.

MAKE THESE EXERCISES A PART OF YOUR DAILY ROUTINES:

1. **Love the person in the mirror. Every morning provides the opportunity for you to accept who you are!** It's absolutely important to love who you are and what you've become. That's the first step in being self-motivated.
 - Reaffirm your true love for the person you see each and every morning.
 - Remind yourself that you're here for a bigger mission of which you might not yet be aware.
 - Restore the peace of mind that comes with self-acceptance. Doing this every day allows it to be engrained in your soul.
2. **Accept your stage in life. Believe that you're exactly where you should be at every moment.**

Your ability to accept that things happen in their own time will make you comfortable with what you've already achieved.

- Bear in mind that being comfortable where you are doesn't mean you can't strive for greater success.
- Knowing that you've done your best to get where you are is enough to keep pushing you forward.
- **Every few days, write a list of things you've achieved, whether big or small.** Combine them at the end of the month and take an overall look at your awesomeness!

3. **Surround yourself with positive energy.** Positive energy can come from the things you choose to do. It can also come from the people you surround yourself with. **When you're surrounded by positive energy, you can't help but maintain positivity!**

- Watch movies that empower and uplift you.
- Do things with your friends that build

encouragement.

- Put yourself in situations where you'll come out the other end smiling.

4. **Help others from the goodness of your heart.**

Avoid helping for personal gain or recognition.

When you help others and see the positive impact, you naturally feel better about yourself.

- One helpful act with a positive outcome is usually very inspiring. **Seeing the difference you can make in others' lives proves that you're pretty awesome!**
- Knowing that you're important to someone else's well-being can make you feel worthwhile. It encourages you to keep helping.

5. **Focus on smaller goals.** Reaching for and missing broad, unrealistic goals can be very de-motivating. When you're unreasonable with your capabilities, you end up feeling disappointed when you miss the mark.

- Why not break your major goal into

smaller, tangible ones? You'll be able to focus on one part at a time, with each part being another step closer to success!

- Celebrate whenever you achieve a goal – large or small. Proving to yourself that you can do it motivates you to keep going.

Approach this daily regimen in the same way a professional sports player approaches training day.

What are your goals for the day? What can you achieve when you hit each target? What do you focus on when you feel like giving up?

You are your biggest supporter. Tell yourself you're worth every bit of success that comes your way.

When you hit troubling times, you may want to shore up your motivation for extra help in getting through the challenges. The next lesson will give you techniques to maintain your motivation during these times.

HERE'S WHAT YOU NEED TO DO TODAY:

Surround yourself with positive energy. Call your best friend and get together to do something you both love. Laugh, play, and enjoy it to the fullest! Make happy memories!