

GET MOTIVATED FOR SUCCESS



CHECKLIST

What is Motivation

- The life force that guides you
- Natural vs. Rational Theories of Motivation
 - Natural instinct to survive
 - Rational thinking through observation, skills, and experience
- Content vs. Process Theories of Motivation
 - There are specific conditions for motivation to manufactured
 - Successful manufacturing of motivation depends on the situation
- Sources of Motivation
 - Family
 - Sense of honor and duty
 - Glory
 - Person seeks praise and power for accomplishments
 - The Cause
 - What you want to see elevated beyond your own glory
 - Service to a nation
 - Religion
 - Ability to give back to people

Developing Healthy Morning Habits

- Start your day off on a positive note
- Will find you have increased energy levels and motivation
- Provides numerous benefits
 - Increased energy throughout the day
 - Improved motivation
 - Healthier lifestyle
- Find an energized ritual
 - Get more exposure to natural light
 - Wash in the morning
 - Drink water to get hydrated
 - Feed your body and mind
 - Get your body moving
 - Make a connection with your passion

Focus on Self-Improvement

- ☐ Commit at least one hour every morning to work on self-improvement activities
- ☐ Commit time to completing a life-changing activity
- ☐ Will increase your motivation for success
- ☐ Focus is an essential aspect of this commitment.
 - You must focus on one task at a time
 - You are more efficient if you refrain from multitasking
 - Learn better when you are focused on a single task
- ☐ Choose one activity for self-improvement that will have an impact on reaching your goals
- ☐ Possible self-improvement activities
 - Start an online business
 - Lose weight
 - Learn something new
 - Increase your spirituality
 - Increase your physical activity
 - Build up your confidence

Trading Bad Habits for Good Ones

- ☐ To increase energy levels and motivation trade your bad habits for good ones
- ☐ Change isn't always easy
- ☐ To find success, set a firm start date
 - Allows you the time to adjust and get ready for the upcoming change
 - Makes the transition easier
- ☐ Trade a bad habit for regular exercise
 - Get up and moving for at least 30 minutes a day
- ☐ Choose an activity to trade for you bad habits
 - Walking
 - Swimming

- Running
- Yoga
- Meditation
- Bike riding
- Dance classes

Decrease Stress and Increase Energy

- Stress is a chemical reaction
 - Hormonal cortisol is released into the blood
 - Heart rate increases
 - Blood pressure increases
- Stress, at one time was humanity's lifesaver
- Link stress has to motivation is complex
- Stress levels to a situation should be subtle
 - Fight-or-flight response
 - Linked to better performance
- Chronic stress can result in disease and illness
 - Number one motivation killer
- Utilize proven techniques to eliminate stress
 - Meditate on a daily basis
 - Practice deep breathing exercises
 - Be present
 - Reach out to friends
 - Tune into your body
 - Decompress for ten minutes
 - Laugh out loud
 - Turn on some of your favorite music
 - Get moving
 - Be grateful