

Motivating Yourself 101

1. THE GOAL

In our self-help world, we are assured that we are infinite and unlimited.

Even though this statement is extremely positive it can also cause extreme anxiety. The anxiety comes from failure to achieve what I have set out to achieve. In other words: Why am I not achieving what I set out to do?

I can visualise 100% of the day; I am living in a mansion, I am driving my dream car, I am living my dream, and yet nothing has happened and nothing will happen unless I do something about it.

Visualisation is part of what I have to do to accomplish my dream.

To begin with I have to set a goal:

1. Choose a goal that is worthy of you.
2. Verbalised the goal positively
3. Imagine the goal using all five your senses:
 - See yourself living that outcome of your goal
 - Hear yourself within the context of that goal achieved
 - Feel the sensory effect of living that goal
 - Go within and if you could smell the effect of that goal - actually experience what you goal would smell like once achieved.
4. Imagine what the consequences will be of your goal and will you achieve what you want.
5. Imagine the changes you will have to make during your achievement phase and after achievement.
6. Do you believe you deserve this goal?

THIS IS YOUR FIRST STEP TO TAKING CONTROL OF YOUR LIFE

Testing your goal:

1. Is this the the subject that occupies my mind most of the time?
2. Is this goal realistic?
3. What will this goal achieve and what must change?
4. Will the change be worth while?
5. Is success part of my dream?

Testing your feelings

1. Why and when do I want this?
2. Do I have an outcome in mind?
3. Will this make me happy?
4. Will this challenge me?
5. What will be different?
6. How will I know that I have succeeded

Know Yourself

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