

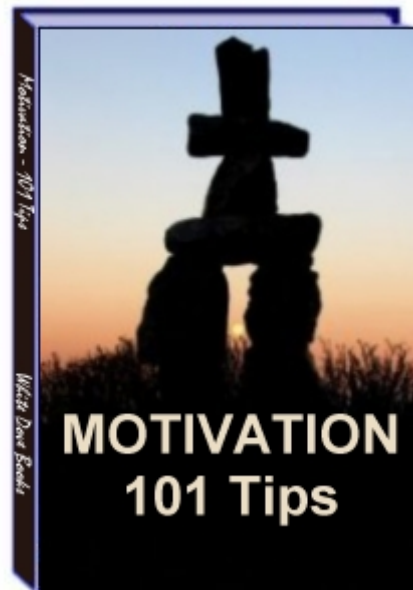
# 101 Mini-Motivator Tips

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# Introduction

Sometimes we all need a little push in life. Whether we're itching to pursue the dreams we've held in our heart since childhood or we simply need the willingness to tackle mundane chores, we can often find ourselves mired in a rut of inertia and feel like it's the most difficult task to rise out of it.

The e-book you are about to read is packed full of helpful tips and techniques that are designed to give you the boost you need! There are 101 tips listed in the following pages, but don't be surprised if you find yourself coming up with other creative ideas just by skimming through them. There are many more ways to motivate yourself than I could possibly list in a book, but those listed should be enough to get your creative juices flowing and get some great motivation building.

Some of the tips are deceptively simple, but can be very effective indeed. Please keep in mind that they may vary in their effectiveness depending upon your mood and your current state of mind. These factors can fluctuate widely from day to day, so a tip that worked for you yesterday may not be as effective today.

Therefore, be willing to try something new if you're feeling uninspired by some of the suggestions. If you try a tip and it doesn't work, try another, or perhaps alter one of the tips to better suit your needs.

Most importantly, remember that "motivation" is simply something that causes the desire to act. While positive motivators are usually more pleasant, don't be surprised to discover that I've included one or two "negative" motivators in this book. What makes them negative or positive, however, is the context in which they are used. Though they may seem negative at first glance, they

are for a positive result, so be willing to keep an open mind about them if you think they might work for you.

There are many reasons why we become unmotivated, and I touch on many of them throughout the pages of this book. Your reasons may be in alignment with these, or they may be completely different.

When it comes right down to it, the reasons for your lack of motivation aren't as important as your decision to take control of it and move forward again. If this book can help you accomplish that, then our time together has been well-spent.

Here's wishing you all the motivation you desire, and a hefty dose of inspiration for variety.

### **Tip #1 - Drink a glass of cold water.**

Dehydration can result in fatigue and mental fogginess, which sure doesn't help your motivation. Before doing intensive mental or physical work, try drinking a glass of ice cold water and watch how it refreshes you. Also be sure to keep drinking plenty of water throughout the day. One glass of water won't be enough for a body that is more than mildly dehydrated.

### **Tip #2 - Meditate.**

Scattered thoughts can make any task seem more confusing or burdensome. Before beginning work on your objective, take 15 minutes to sit quietly and focus on nothing. Keep your mind as blank as possible and attune to the stillness within you. You may have to gently pull back your focus when it begins to wander, but avoid becoming frustrated about it. Simply keep readjusting your focus and stay calm, and you should feel centered and refreshed in just a few minutes.

### **Tip #3 - Create a worry box.**

Nothing is more aggravating than trying to work productively and being nagged to death by worries! Instead of letting your worries take over your mind, create a worry box to keep them in. You can use any kind of box, from an empty shoe box to a decorative wooden or glass box. Write all of your current worries on a sheet of paper (or you can use a fresh sheet for each worry). When you can't think of any other worries, put the sheet(s) of paper into the box, close it and store it away on a high shelf nearby. If worries begin to nag at you again while you're trying to stay focused, glance at your worry box and remind yourself that you don't have to worry about anything right now because you've placed your

worries in that box. Affirm that you can pick up your worries again later if you really want to.

#### **Tip #4 - Empty your mind with free writing.**

Similar to the worry box described above, you may have nagging thoughts that aren't exactly worries but nevertheless irritate and distract you. Start your day by "pouring" all of them onto a sheet of paper. As you write your thoughts down (don't worry about making them neat or orderly, just scribble them out), affirm that you are setting them aside so you can better focus on the task at hand. If you notice random thoughts nagging at you again later while working on your objectives, take another sheet of paper and repeat the process. Eventually you will train your mind to focus on the task at hand and let go of unnecessary random thoughts.

#### **Tip #5 - Chronicle your journey.**

Begin keeping a journal about your goals and dreams, or whatever you're working on at the time. Be sure to write down your achievements, brainstorm ways to overcome obstacles, and record solutions that worked for you. When you feel in need of some motivation, go back and read a few pages of this chronicle and let it inspire you! It's easy to forget how good a certain achievement made you feel at the time, and this is a good way to remind yourself that you are capable of more than you realize.

#### **Tip #6 - Drink some tea or coffee.**

While caffeine shouldn't be relied upon for long-term energy, it can often help in a pinch because it has proven to be a mental stimulator. If you're feeling foggy or sluggish, try drinking a cup

of tea or coffee and see if it helps (unless you have a condition that is aggravated by caffeine, obviously). However, try to avoid adding sugar, or drinking those sugar-laden caffeinated beverages. They may seem to help at first, but too much sugar will cause an energy crash later which can put you in a worse spot than you started in.

### **Tip #7 - Fuel your body.**

Starting the day with a healthful breakfast can go a long way in providing your body and mind with adequate energy. Try to stick with lean protein and high-fiber complex carbohydrates, vegetables and fruit, along with limited amounts of healthy fats. Likewise, keep fueling your body throughout the day by eating small meals and snacks. This will help keep your blood sugar more level and contribute to more stable energy – which can give you the stamina to keep moving forward!

### **Tip #8 - Take a break.**

Nothing results in burnout faster than pushing yourself too hard, too often, for too long! Sometimes we feel unmotivated simply because our bodies and minds are telling us “enough is enough!” Assess whether you need to motivate yourself, or if you simply need some downtime to recharge. If you’ve been burning the midnight oil too often lately, take some time off. Even a few hours of relaxation and fun will renew your motivation more effectively than any motivational techniques.

### **Tip #9 - Take a nap.**

In today's busy world, we often get far less sleep than we really need for optimal performance. If you're feeling sleepy and heavy and can't seem to concentrate, allow yourself 15-30 minutes for a cat nap. Not only can this renew your physical energy, it can clear your head and improve your concentration so you'll get more done in less time.

### **Tip #10 - Smell something yummy.**

Aromatherapy is a good way to stimulate your mind and body, or simply create a rush of pleasant feelings associated with certain scents. Try sniffing stimulating essential oils like peppermint, rosemary, cinnamon, lemon, or orange. If you don't want to carry bottles of oil around with you, try putting a few drops of your favorite oil onto a handkerchief and keep it in a sealed zip baggie. When you need a little stimulation, simply open the bag, put your nose inside and inhale deeply. Yum!

### **Tip #11 - Chew peppermint gum.**

Similar to the aromatherapy suggestion above, chewing peppermint gum can often give a little pep to your step. Not only does it taste good and freshen your breath, the action of consistently chewing can often keep you feeling more alert.

### **Tip #12 - Get your blood pumping.**

Go for a walk to clear your mind and invigorate your body! Even a short 10-minute walk can do wonders for a state of stagnation and lethargy. Take along your favorite music or motivational



speaker with a headset, or simply enjoy the sounds of nature as you raise your heart rate and expand your lungs.

**Tip #13 - Wash away your woes.**

A brisk shower can be a powerful wake-up call for the sluggish mind and body. (Avoid baths because we often equate those with relaxation, not invigoration.) Try using a fresh-scent shower gel or turning the water cooler than you normally would. As you wash your hair and body, scrub vigorously to stimulate your skin and imagine the water sluicing feelings of fatigue or lethargy off your body and down the drain.

**Tip #14 - Oxygenate your brain.**

Deep breathing provides all kinds of positive benefits for your mind and body. Besides delivering a boost of oxygen to your brain and other internal organs, it helps you feel calmer, less stressed, and more alert. Start by finding a quiet place to relax, then close your eyes and start inhaling slowly through your nose. Feel your abdomen expand first; then expand your chest as your lungs fill with air. When your lungs are full, pause for 3 to 5 seconds and then s-l-o-w-l-y exhale through your mouth, making a “shhhhh” noise as you do so. When you have completely exhaled the air from your lungs, pause for a few seconds again and then slowly inhale using the same expansion technique (belly first, then chest). Pause and exhale as described above. Repeat this process for 5 to 10 breaths (do it slowly so you don’t hyperventilate!) and you should immediately feel very relaxed and clear-headed...yet invigorated!

### **Tip #15 - Clear out the clutter.**

Few things can make us feel as sluggish and confused as physical clutter can! If you can't seem to find the motivation to get moving, grab a trash bag and an egg timer and set the timer for 15 minutes. Spend this time tossing out as much junk as you can. Get rid of empty food containers, unneeded notes and paperwork, empty envelopes, empty glasses or bottles, etc. Create a separate pile for anything that needs to be filed or sorted, and move it to another location. Don't keep it within view unless it looks neat and orderly. After just 15 minutes of doing this, you should feel much more energized and clear-headed, ready to get started on any important tasks.

### **Tip #16 - Just begin.**

It's the start of any objective that is often the hardest for most of us, because we convince ourselves the task will be unpleasant or boring. However, you can trick yourself into believing that you're only going to work on it for a few minutes. Grab that egg timer and set it for 15 minutes again. Promise yourself you can stop working after 15 minutes if you want to, but you have to work at least that long. Most often, after the 15 minutes are up, you're already "in the groove" so you don't want to stop!

### **Tip #17 - Push yourself harder.**

If you think it will take an hour to finish a particular task or goal, make it your mission to finish it in 30 minutes. If you think you're capable of a certain amount of productivity, push yourself to increase that output by at least half. Most of us have a terrible habit of coddling and pampering ourselves rather than pushing ourselves to be better and do better. Deciding to take it to the next

level can motivate you to keep doing that and blast through any feelings of procrastination.

**Tip #18 - Dress to the nines.**

We often equate casual dress with more relaxed activities, so if you're trying to accomplish something – dress up! Put on a business suit or somewhat formal outfit, including shoes and socks (or pantyhose). Do your hair, shave, and put on cologne or perfume – whatever you would normally do for a social or business event. This gets your mind into action mode and clears away any tendency to slack off.

**Tip #19 - Visualize the end result.**

We usually avoid working hard or pushing ourselves just for the sake of doing so, but if you focus on a positive benefit to completing your tasks you'll feel more inclined to work on them. Set aside 10 minutes before you begin and imagine how you'll feel when the job is done. Allow yourself to feel the feelings you'll experience when you've accomplished what you set out to do – whether it's satisfaction, pride, happiness, excitement, or simple relief. This gets the good feelings flowing and motivates you to do what it takes to create that experience “for real.”

**Tip #20 - Give yourself a pep talk.**

Sometimes our inner monologue is filled with negativity, which can reduce our desire to do anything. For example, you might have an inner recording telling you that working on your goals is a waste of time because you simply don't have what it takes to succeed (you might not even be consciously aware of such a

recording). If you counter that with a positive pep talk, it can give you the motivation to get moving. Imagine that you had to motivate your best friend. What would you say to him or her? Say those very same things to yourself and let yourself get inspired!

### **Tip #21 - S-t-r-e-t-c-h.**

If you feel tense and irritable, stretching your body can do wonders for your mood. Take just a few minutes to warm up your muscles by marching in place or taking a short walk. Then take your time stretching your muscles very gently, holding each stretch for a few seconds. Start with your face and neck, and work your way down to your toes. As you work each area, imagine all stress and tension leaving your body, and a new sense of peace and happiness flowing in to replace it.

### **Tip #22 - Create a contest.**

One great way to push yourself to do more than you feel inspired to do is to create a contest for yourself! Imagine you're in a competition with other people, each of you trying to do more than the others. You can even take it to the next level by not only trying to accomplish a greater amount of work, you can also focus on making your work the best it's ever been, or doing it in the least amount of time it's ever taken you. This can create a feeling of urgency and fun that will keep you moving long after you ordinarily would have given up.

### **Tip #23 - Dance.**

If you're feeling bored or tired, turn on the tunes and boogey your lethargy away! Sing along with the lyrics or simply move your

body and get some good endorphins flowing. You can even combine this with Tip #15 and dance while you're cleaning and organizing. Then you've got a "productive boogey!"

### **Tip #24 - Make a to-do list.**

Sometimes confusion can cause a desire to procrastinate because your tasks seem to be too numerous and overwhelming. To combat this, take a sheet of paper and make a detailed list of everything you want to accomplish today. You can list them in order of priority, or categorize like tasks together. As you review your list, think about ways you can cut the time each task might take, or shortcuts that would enable you to tackle more than one thing at a time. In no time you should be feeling more focused and ready to begin.

### **Tip #25 - Pray.**

If you're the spiritual type, why not spend a few minutes connecting to your source before you begin a challenging task? Give thanks for the opportunities in your life, and ask for the inspiration, courage and stamina to do a good job. This can help you feel that you've got a powerful ally on your side and reduce any feelings of fear or loneliness.

### **Tip #26 - Surround yourself with inspiration.**

Do you have some favorite plaques, prints or paintings that make you feel inspired? Fill up your blank walls with them! Visit a flea market or home décor store for visuals that lift your spirits. Go to a stock photo site and download a few beautiful images and have them blown up into a larger size at your local photo place. Take

some of your favorite motivational quotes, enlarge the type, print and hang them up to read whenever you need a little boost. Hanging inspiring words and images in your home and workplace can create a continuous focus on inspiration that will keep you feeling motivated no matter what you're working on.

**Tip #27 - Spend time in nature.**

Sometimes just sitting quietly in a peaceful place outdoors can soothe frustration and refresh your mind and body. Go to your favorite botanical gardens for an hour and sit quietly or walk slowly through them, letting the visual beauty stimulate your senses. Visit a local park and watch children and dogs play, or take a trip to the beach and let the power of the ocean (or a lake) inspire you. If you don't have any nature spots nearby, try your local home and garden center. Buy some new plants or flowers to brighten up your home and workspace.

**Tip #28 - Get up early.**

Getting an early start can often help you feel more motivated, especially if you're used to sleeping in. Set an alarm clock to get up at least one hour before you normally do, and don't dawdle – get moving! Take a shower, get dressed and begin immediately working on your tasks for the day. Not only does this wake up your tired brain, you end up feeling like you've accomplished a lot more than you would in a typical day.

### **Tip #29 - Stay up late.**

If you're an early riser and not used to burning the midnight oil, try saving a complex task for late in the evening. Just switching your normal routine can often be enough to energize and inspire you.

### **Tip #30 - Wear a symbol of intention.**

Go through your belongings and choose an item that you can wear as a motivation symbol (or go shopping and buy something new). It could be anything from a lucky shirt to a favorite hat, to a cherished piece of jewelry that you rarely wear. Hold a little ceremony that designates that item as your "motivation symbol." State aloud that while you are wearing this item, you will always feel very motivated, very inspired, and very productive. Then be sure to put it on every time you feel in need of some motivation. Eventually your mind will make a connection between that item and the feelings of motivation and you'll be able to effortlessly slip into a motivated mind-set just by putting on your motivation symbol.

### **Tip #31 - Weed your garden, weed your mind.**

If you have a garden, spend 30 minutes weeding it. As you do so, imagine also weeding out negative thoughts and procrastination from your mind. (If you don't have an actual garden, simply walk around your yard – you'll probably still find plenty of weeds! If you don't have a yard of your own, you can instead make this a mental exercise done during meditation; it will still work just as well.) Affirm that with every weed you pull, you are making room for motivation and inspiration to enter your life. When you're finished, look at the pile of weeds and feel great about removing them from your life as you dump them into the trimmings barrel or

trash receptacle. Then go about working on your tasks for the day, and notice that you feel lighter and less burdened.

**Tip #32 - Give yourself a reward.**

Make a promise to yourself that you can have a reward when you reach a certain point in your objectives. Make the reward something you'll really enjoy, like a new DVD or CD, or a new journal. It doesn't have to be expensive either, it can be as simple as a few hours to relax and do something you love. However, be sure to follow through and really give yourself the reward when you complete what you set out to do! Don't fool yourself into believing it was just a trick to get you moving; your mind will remember that little deception next time.

**Tip #33 - Avoid doom and gloom.**

This tip may take a little longer to show results, but it is well worth the effort! Beginning today, start reducing the amount of time you are exposed to negativity. Whether that means not watching the evening news for awhile or avoiding toxic people in your life, it's important to begin switching your focus to more positive input. If you have to scan the headlines at a news website once a day and read only the things you feel you must know about, that's fine. Just avoid getting immersed in the sludge every day if you can. Over time, this will automatically make you feel more motivated because you won't be so weighed down by the horrible things happening in the world around you. You can't do much about them anyway, so why burden yourself with them?



### **Tip #34 - Do a good deed.**

Avoiding doom and gloom is a good start, but you can make even greater strides if you do nice things for others as frequently as possible. Make financial donations to charitable organizations, or volunteer some time for a worthy cause. Even better is if you can do these things anonymously. There is no greater feeling than doing something kind without a single possibility of compensation or recognition. Talk about an emotional and mental high! Just one of these acts can make you feel more motivated than you've felt in a long time, but if you keep doing them on a regular basis the benefits begin to accumulate and you intensify the feelings even more.

### **Tip #35 - All you need is love.**

You know how love can make you feel all fluttery and happy inside? Get those feelings to flow for the project you're doing! Even if you don't love it initially, take some time to think about what the project or task means to you, and the benefits you'll gain from it. Let yourself begin to feel excited and emotional about it, and in no time you should be feeling ready to get moving.

### **Tip #36 - Love yourself.**

If loving your project or task isn't creating the warm fuzzy feelings you seek, why not try loving yourself for a change? Especially if you've tried the drill sergeant approach and it turns out that strong-arming yourself into getting motivated just isn't working, try loving yourself into action! Take a few minutes to admire something about yourself. Write a list of your best attributes and skills, and affirm your ability to do a great job with your current

objective. Sometimes a little positive reinforcement goes a long way!

**Tip #37 - Try a different approach.**

If you're procrastinating on one specific task because it seems overwhelming or unpleasant, take a few minutes to figure out a new plan of action. Maybe you need to break down a larger goal into smaller ones, or you can try approaching the task from a different angle than the one you initially decided on. Sometimes just switching things around can be enough to break you out of a rut of boredom or fear paralysis.

**Tip #38 - Check your expectations.**

Are you holding back because you fear a negative outcome? Sometimes we convince ourselves that certain goals are a waste of time, even if we really want to achieve them. Most often we have an underlying belief that we don't have what it takes to achieve our objectives, or we fear that we might make the wrong decision and screw it up. Take a few minutes to explore your feelings about your potential for success. If you're not feeling optimistic, work on turning that around first and you'll notice yourself feeling more motivated the more you affirm you can do anything you set out to do.

**Tip #39 – Clean your car.**

Did you know that your car is a symbol for movement and progress in your life? If your car is dirty, cluttered or in disrepair, take some time to clean it up. Wash the outside, clean the inside, and remove trash or items that don't belong there. Clean the

windows to symbolize greater clarity and foresight, and be sure to vacuum the carpets and seats to suck up stagnant energy. Symbolism aside, the physical activity you expend by cleaning can also help you feel more invigorated.

**Tip #40 – Read or watch something funny.**

Laughter is the best medicine, even for an unmotivated mind. Take a few minutes at the beginning of your day (or before starting a big project) to read a funny book, jokes, or watch a 30 minute sitcom on television. Not only does your body benefit from frequent laughter, you'll also be lightening your mood which is bound to have a positive effect on anything you do.

**Tip #41 – Play a game.**

Just like laughter, playfulness can boost your mood and energize your body. If none of your friends or relatives are available to play a game with you, play by yourself! If more than one player is necessary, keep switching your position so you can play against yourself. If nothing else, doing this will make you feel so silly that you can't help but have a good time.

**Tip #42 – Play with your children and/or pets.**

Keeping with the “fun” theme here, you can also set aside some time to goof around with your children or family pets and enjoy the same benefits described above. However, be sure to really let go and get into the spirit of it; pretending to have a good time while feeling stressed about the work you “should” be doing won't accomplish anything.

### **Tip #43 – Listen to mind-stimulating music.**

You've probably heard that listening to Mozart can enhance your brain power, but experiment with what type of music really fuels your motivation. Browse selections that you ordinarily wouldn't be drawn to, and pay attention to how each type of music makes you feel. You might be surprised to learn that country music makes you feel reflective and insightful, which works well for brainstorming sessions; or opera makes you feel inspired, which helps pump you up for productivity. Also check out alternative music like Native American flute, or experiment with soothing nature sounds like whale songs, wind chimes, bird song, babbling brooks, or anything that would soothe and inspire you.

### **Tip #44 – Tackle the most difficult tasks first.**

You might be dreading getting started on a difficult task, and procrastination can only make your dread worse! Instead, take charge and decide to conquer that one big task you hate to do – and the rest of your day will be smooth sailing.

### **Tip #45 – Warm up by taking care of the easy stuff first.**

If you just can't get yourself to tackle that big, foreboding project, work on some smaller tasks first so you can warm up to the bigger ones. Depending on your personality and current mood, you might feel ready to take on a big challenge, or you might want to start with a smaller one. Either way, you'll get moving – and that's the whole point!

### **Tip #46 – Review and refine your plans.**

Confusion and uncertainty can often cause you to resist taking action, even when you really want to. If you feel nervous or overwhelmed about the tasks before you, take a few minutes to review your plans. Ask yourself if you've created an achievable plan, or if you can improve upon it in any way. Once you're sure your plans are effective, you should find yourself feeling much more confident and ready to move ahead.

### **Tip #47 – Color me motivated!**

Did you know that certain colors can affect your moods? If you're feeling down or disempowered, try wearing the color red to boost your confidence. You can also try yellow for mental clarity and intelligence, or orange for mental stimulation and energy. (If you're tense try light blue, green, pink, or white for a calming effect.)

### **Tip #48 – “Lighten” up.**

If you'd rather not wear your colors, try lighting colored candles that correspond to the mood you want to create (same colors as mentioned above). You can also go with scented candles: try bold scents for motivation like cinnamon, lemon, orange, or peppermint. For calming scents try lavender, gardenia, apple, rose or vanilla.

### **Tip #49 – Gather your energy.**

Sometimes no matter how badly we need to get motivated, we just can't find that inner spark. Try this short visualization and watch how it energizes you: Sit quietly with your feet flat on the floor

and take a few slow, deep breaths. Imagine a large funnel over the top of your head, the narrow end closest to your head, with the larger funnel side opening up above you. See a brilliant golden light streaming down into your funnel and into the top of your head. Feel this light as powerful energy that courses down through every part of your body, soothing away sluggish feelings, and finally leaving through the soles of your feet and returning to the earth. Go through this visualization a few times, and then slowly open your eyes. You should feel clear and grounded, and ready to focus on the business at hand.

**Tip #50 – Think about your past achievements.**

If you're feeling uncertain about your ability to accomplish a big task, take a few moments to remember other things you've achieved in your lifetime. Even if they wouldn't be considered big achievements to others, if they were difficult for you they count! Think also about challenges you've faced, and how you did what you had to do to pull through them. Let these memories inspire you to greater heights now – knowing that if you were able to do those things in your past, you are capable of much more than you think.

**Tip #51 – Eliminate distractions.**

If you're feeling scattered and unfocused, try working in a secluded spot, closing the door for some quiet, or even wearing earplugs to shut out excessive noise. Once the distractions are gone, you might find your motivation increasing and your determination returning.

### **Tip #52 – Remember your “why.”**

It's easy to stay motivated when our reasons for wanting to improve our lives are fresh in our minds, but motivation can dissipate as time goes on. Write down your reasons for wanting to make positive changes or pursue greater goals. Read them to yourself often to keep them fresh in your mind, and review them when you need a mental or emotional boost.

### **Tip #53 – Read something inspirational.**

Nowadays there is no shortage of inspiring reading material available for purchase. Visit your local bookstore and get a few books with motivational themes and make a point of reading a few pages before you start your day. When you feel unmotivated, open one of these books randomly and let your finger fall blindly onto a passage from the book. Read that passage and let it speak to you. Does it hold a message that relates to your situation?

### **Tip #54 – Call a friend for support.**

If you've got a friend or two who support you in your goals, give them a call! Tell them you're having trouble getting started (or keeping momentum) and you need a kick in the rear. Tell them to remind you what you are working so hard for, and how excited you sounded the last time you spoke to them. This will only work with friends who do support you – not dream stealers. Alternatively, you could visit your favorite online forum and ask for support – as long as you know it's a place where most people are supportive. (Disregard any negative comments and remember that there is always a troublemaker or two hanging around forums!)

### **Tip #55 – Expand your vision.**

If you find yourself constantly needing to get motivated to work on your dream or goal, you might question whether it's right for you any longer. Have you outgrown the original vision you had? If you conceived your dream or set your goal years ago, you might need to rethink what you want and see if you can expand on your original dream. You can even start from scratch if your original plans no longer inspire passion; you are a different person than you were even a year ago! Come up with something that you won't have to work so hard to get motivated to do, and you solve not only your immediate need, but long-term needs also.

### **Tip #56 – Watch less television.**

Watching television can be a relaxing pastime, but it can also begin to suck your brain out through your eyeballs with excessive use. Okay, that may be a slight exaggeration – but you can't deny that too much television makes you feel tired and spacey. Limit your television-watching to a few shows per week; just the ones you REALLY want to see. Don't keep channel-surfing mindlessly because you're bored! If you're bored, get up and do something else. Read something that will get your mind working again, or go out and do something physical. Within a few days of cutting down the amount of time you spend staring blankly at that screen, you'll notice that you feel much more energetic, and probably more positive too (depending on the type of programming you're used to watching).

### **Tip #57 – Try something new.**

It's easy to feel lethargic when we get caught in the same routine day after day. Our minds need new experiences in order to stay



sharp and clear, and since much of our energy level is related to our thoughts it's no wonder that boring routines lead to feeling stagnant and unmotivated. In order to break out of this rut, make it your mission to try something new at least once a week (once a day is even better). Visit a new city (even if it's somewhat local); go to a museum and gaze at great works of art; take a class at your local community college or adult education center; buy a book on painting or sketching and develop a new talent; sign up for dance classes; or join a singles club in your area. Whatever you do, don't allow yourself to sink into a daily grind. Invigorate your life, invigorate your sense of motivation!

**Tip #58 – Strive for excellence.**

If you've been focusing on just "getting stuff done," of course you feel unmotivated! There seems to be no obvious payoff from your action steps. This is especially true if you are working on a long-term goal or a very big project that will take time to show results. Instead, commit yourself to excellence in everything you do and watch how it elevates your sense of pride and satisfaction. The better you get at each task you accomplish, the more motivated you will be to keep a high level of quality in everything you do.

**Tip #59 – Ingest some bite-sized motivation frequently.**

Motivational quotes are a great way to keep yourself feeling excited and passionate no matter what you're working on – or just to boost your mood before you start each day. As described in Tip #26, you can print your favorite quotes and hang them on the walls, or simply keep a book of motivational quotes nearby and read a few when you need a boost. Two of my favorite quote books: *The Book of Positive Quotations* by John Cook (Fairview Press, 1993. ISBN: 1-57749-053-3); and *The Wise and Witty*

*Quote Book* by Allen Klein (Gramercy Books, 2005. ISBN: 0-517-22615-4).

**Tip #60 – Get passionate!**

Sometimes we just need a little inner fire before we can get motivated. What makes you feel passionate? Whether you need to recommit yourself to your goal or find something new that takes your breath away, do what you can to get your heart beating faster and apply that passion to your goals and projects.

**Tip #61 – Get angry or desperate!**

If you've ever been fueled by anger, you remember how easily you were propelled into action! Likewise, desperation can often serve as a powerful motivator. Decide that you can't stand your current circumstances any longer and decide that you will do whatever it takes to change them. Use your strong feelings of anger or desperation to keep you moving long after you would have ordinarily quit.

**Tip #62 – Get determined!**

Sometimes all it takes to get and stay motivated is to set our minds to do something. If you refuse to be held back by obstacles and refuse to buy into excuses and vow to push through anything that threatens to hold you back, how can you possibly NOT make good things happen? It works!

### **Tip #63 – Get aggressive!**

This tip goes along with the previous 3, and uses the same type of strong emotion to fuel your efforts. Most of us start out aggressively pursuing our dreams but then lose steam as time goes on. Either we encounter obstacles that stop us in our tracks, or our determination begins to falter. Reclaim your aggressive approach – especially as it relates to obstacles. Instead of letting challenges deter you, make a promise to yourself that you will tackle each challenge with intense aggression. The more forceful you are with setbacks and delays, the more you'll realize they hold no power over you or your results.

### **Tip #64 – Accomplish something . . . anything.**

The problem with feeling unmotivated is that it tends to spread to other areas of our lives too. We may start out procrastinating on one task, and then find ourselves sinking into a pit of inertia in everything else. To overcome this trend, simply commit to completing one task. Just one! It can be a large or small task, depending on how confident you feel. Once you've accomplished one thing, you'll find it much easier to keep going and work on other tasks and goals.

### **Tip #65 – Simplify, simplify and simplify some more.**

If you're trying to take on too much at once, you may end up feeling burned out and uninspired. Instead, try breaking down large goals and eliminating redundancy. See if you can create some simple shortcuts, and determine whether you might be making things more difficult than they have to be. The less complex you can make your plans, the more likely you are to feel bold and confident as you attempt each phase of them.

**Tip #66 – Focus on one thing at a time.**

Closely related to overwhelming plans is the tendency to juggle multiple tasks or goals at once. While it's sometimes necessary to do so, make a habit of trying to focus on the least amount of items at a time as you can. You may need to come up with a strict schedule to fit everything in, but by focusing your energy in this way each step of your journey should seem simple and easily attainable.

**Tip #67 – Forget perfection!**

If there's one sure way to feel overwhelmed and paralyzed by fear, it's by trying to achieve perfection right from the get-go. No matter how badly you might want to effortlessly create a shining example of beauty and wonder in the world, it is almost impossible to do it the first time around. More often, you'll gain in mastery the more you do something - and it can take months or years to become truly great at something. Be okay with this! Rather than striving for perfection the first time around, commit to continuously improving your skills and abilities. Commit to doing something as many times as it takes to get really good at it. Before you know it you'll be better than you thought you could ever be.

**Tip #68 – Do it for the satisfaction.**

Rather than pinning your hopes on some future outcome, get hooked on the sense of satisfaction you get from every step you take. Let each action be its own reward, and you'll never lose motivation.

### **Tip #69 – Read success stories.**

One excellent way to motivate yourself is to read success stories about people who have accomplished what you are trying to accomplish. Whether you're trying to lose a few pounds or write the next great American novel – there is probably someone out there who has done it. Do an internet search for “(your objective) success stories” and see what comes up. Also search for internet forums where you can chat with others who are working toward similar goals.

### **Tip #70 – Choose a role model.**

Is there a famous person you'd like to emulate, or perhaps a successful person in your own life that you admire? Let them be your role model! Ask if you can interview them if it's someone you know, or collect stories and published interviews about celebrity role models. Read through this material every day and especially if you need a motivational boost.

### **Tip #71 – Watch your language.**

If you're in the habit of putting yourself down or belittling your abilities (even in a joking manner), stop it! You may not think it matters, and in fact you may think it's funny to make fun of yourself – but these messages get embedded into your subconscious and they WILL have an effect on you eventually. Instead, start building yourself up with positive talk, even if it feels strange at first. Keep affirming that you are capable of accomplishing anything you wish, even if you aren't yet great at it.

### **Tip #72 – Do some research.**

You may be feeling bored with your goal simply because there's nothing new to experience. To renew your interest, take a few minutes to do some research, either online or at your local library. See if you can come up with some new information that might prove helpful, or a new technique to incorporate into your plans. If not, simply revisiting information you already know might help you feel more motivated again.

### **Tip #73 – Call in some fresh air.**

It may seem deceptively simple, but try opening a window in your office or home, wherever you happen to be working at the moment. Even better, try working outside via laptop computer or take an hour to brainstorm with a legal pad and pen while you let fresh air clear the cobwebs from your mind.

### **Tip #74 – Eliminate excessive obligations.**

If you're feeling overwhelmed with too much to do, you'll end up feeling uninspired to do more than you absolutely have to. Take a peek at your usual weekly schedule. Are there obligations that you'd rather not do? Is there a way to delegate them to others or eliminate them from your life altogether? If you get rid of the "should's" you'll make more room for the "want to's."

### **Tip #75 – Be grateful.**

We touched on this briefly in Tip #25, but you can also use gratitude to turn your whole attitude around and call in greater motivation. Start or end your day by listing 5 things you are

grateful for. Try to go beyond the typical blessings like, “my family, my health, the roof over my head . . .” and instead focus on things that happened that day, forward strides you made, unexpected opportunities, and so on. Before long you’ll be feeling so good that you’ll automatically want to create more great things to be grateful for.

**Tip #76 – Ask for help.**

Similar to Tip #74, if you’ve got too much to do and you’re feeling overwhelmed, ask for help! This might include getting your family more involved in household chores or bartering errands and chores with a neighbor. Don’t feel that you have to do everything yourself, especially if you’re also working toward a big goal. Cut yourself some slack and acknowledge that it takes strength to admit you can’t do it all on your own.

**Tip #77 – Thrill to the challenge.**

Any big goal or project can make us quake in our boots simply because it seems like such a massive undertaking. Rather than allowing yourself to feel intimidated by something you have to do, learn to love the challenge of facing your fears! Immerse yourself in the joy of pushing your limits and bringing sweat to your brow. Eventually you’ll come to truly love the challenge of doing things you’d never have dreamed of doing before.

**Tip #78 – Make it important.**

If you’re faced with less-than-interesting tasks that must be done, raise your motivation level by making them the most important things you will do today! It’s a simple matter of choosing to

devote yourself to the tasks as completely and as loyally as possible, and then working aggressively at them until they are done. Think about the last time you faced a firm deadline and had to really push yourself to finish the work on time. The only reason you were successful was because you knew you didn't have a choice. You can apply this same concept to any task, regardless of how insignificant it may seem at first.

**Tip #79 – Explore your resistance.**

Let's face it; you wouldn't be procrastinating if you didn't have a good reason for doing so. A "good" reason isn't necessarily a plausible one, however. If you can't seem to motivate yourself no matter what you do, grab a notebook and pen and take a few minutes to figure out WHY you don't feel like doing what you should be doing. Start with a few prompts to get your thoughts flowing: "I feel bored because . . ." or "I would rather be doing \_\_\_\_\_ because . . ." or "I wish I didn't have to \_\_\_\_\_ because . . ." Try not to edit or censor yourself as you write; just let the thoughts flow freely. Based on what appears on the page, you should receive some good ideas about why you're holding back, and therefore be able to work through any feelings of resistance.

**Tip #80 – Give yourself an out.**

Similar to Tip #16 where you trick yourself to begin by setting a timer for 15 or 30 minutes, you can also make a promise that you will stop after a certain time period if you're not feeling more motivated. Try working steadily for at least an hour and then if you're not feeling the love, give yourself permission to set the project aside temporarily. Then you can try one of the other tips in this book, or simply relax for awhile and see if it helps. If not, take



heart; sometimes we're just not in the mood no matter how badly we wish we were! Remind yourself that tomorrow is a new day and you'll try harder to build up your motivation then.

**Tip #81 – Release the “how”.**

Trying to figure out how to accomplish a large goal or work through difficult obstacles can stall even the most determined person. Instead of trying to figure out the entire process ahead of time, write a statement detailing what you're trying to accomplish, and then make a list of action steps that will bring you closer to the goal. Then let go of the rest! Don't worry about how this will happen or that will happen. Much of it is probably out of your hands anyway! Simply commit to giving your best and taking one step at a time and your motivated mind-set will have greater longevity.

**Tip #82 – Make it about the money.**

If your chosen goals relate to money in any way, you can instantly create a greater sense of urgency by focusing on the ways your financial situation will be impacted by your success . . . or failure. While monetary gains are rarely an effective motivator over the long term, they can certainly be powerful if your current financial resources are less than adequate. Few things can get a person moving as quickly and effectively as an empty bank account and overdue bills!

**Tip #83 – Make a new start.**

Have you been struggling with a certain goal or objective since its conception? If you haven't made significant progress and you feel

like you're bumping up against dead ends no matter what you do, consider tearing down what you've built so far and starting fresh again. However, this time, try a different approach. Either cut out activities that have proven to be ineffective, or come up with some daring new ideas to put into action.

**Tip #84 – Give yourself a “present.”**

No, not a gift – a focus on mindfulness! Mindfulness means giving your full attention to the present moment and not allowing your focus to be eroded by distractions, worries about the future or regrets about the past. No matter what task you are working on, give it 100% of your focus. Blot out all other thoughts from your mind and focus **ONLY** on what you're doing right **NOW**. It definitely takes practice to master this technique but once you do, you will develop a whole new appreciation for the power of a focused mind . . . and life.

**Tip #85 – Give your brain a workout.**

Puzzles are a great way to get your analytical and creative thought processes warmed up. Buy a book of challenging puzzles and keep it near your work space (or visit

<http://www.rinkworks.com/brainfood/> for a few free puzzles).

When you need to tackle an intimidating task, first do a short puzzle and give your brain time to wake up. The more often you exercise your brain, the better able you'll be able to focus when it counts!

### **Tip #86 – Make a decision.**

Indecision is also a common de-motivator. Consider whether you're holding back because you have some important decisions to make and you feel uncertain about which is the best course of action. If you find this is true for you, pick one thing you feel indecisive about and consult your gut about which is the right choice. Don't overanalyze it and don't try to figure it out logically. What FEELS right to you? Don't even worry about WHY it feels right, just acknowledge that it does and go with that hunch. Unless there are millions of dollars attached to your decision, or people's lives hang in the balance, you may be making a mountain out of a molehill by allowing indecision to hold you back. Don't be afraid to make a wrong decision; just make one!

### **Tip #87 – Ponder the negative consequences.**

Though negativity can often contribute to feelings of paralysis, it can also do wonders to motivate us into action if it's taken in the right context. Ask yourself what will happen if you DON'T achieve the goals you've set for yourself this time around. Will you set yourself up for more difficult circumstances? Are you willing to accept the consequences of not taking action? Affirm that though you may face some challenges on the road ahead, they are nothing compared to the hollow emptiness of defeat and resignation.

### **Tip #88 – Believe you can!**

Sometimes your own self-doubt can make you hesitate on the brink of taking that leap of faith. If you find yourself questioning your own ability to achieve your goals, begin a daily practice of affirming that you can do it. The more you can psyche yourself up

to begin moving forward, the more your confidence will grow and the less you'll feel worry and doubt pulling you back.

**Tip #89 – Make it fun.**

Drudgery and boredom are sure indicators that it's time for a change of pace. Either come up with ways to make your tasks fun and enjoyable, or make your environment more conducive to fun and enjoyment. You can do this by hanging up lively cartoons or jokes, bringing a touch of silliness into your activities or simply embracing a lighter attitude while you work.

**Tip #90 – Reclaim your power.**

Try this visualization to increase your belief in yourself and your potential: see yourself in your mind's eye and watch as a flicker of brilliant white light begins forming in your midsection. Imagine this speck of light beginning to grow larger and brighter as it fills your entire torso with shimmering brilliance. Watch in amazement as your entire countenance seems to grow in proportion to this light, and see your image growing larger and larger, more and more confident. Then merge mentally with this inner image of yourself, so that you become him or her, and he or she becomes you also. Feel yourself now filled with this same inner light, and know that it represents your inner power and enables you to act swiftly and confidently on anything you desire.

**Tip #91 – Do something early.**

When we feel unmotivated, our first impulse is to hold off that which must be done until the last possible minute. One good way to jolt yourself out of inertia is by completing a task before it needs

to be done. Usually you'll feel so good about being ahead of schedule that you'll want to keep up the momentum and tackle a few other tasks early too!

**Tip #92 – Share your success story with adoring fans.**

Have you ever found yourself talking about your future achievements as if you'd already accomplished them when no one is around to hear you? If not, you have to try it! :-) Imagine that you're the keynote speaker at an important event, and the audience is dying to hear how you succeeded against all odds. Share your strategies for success, highlight the challenges you faced and reveal the mind-set that enabled you to overcome them. If you really get into this exercise, you should be giggling with delight by the time you've finished your "talk" and eager to make it your reality!

**Tip #93 – Build your accountability.**

This tip can be applied in two different ways. First, enlist a friend or family member to help keep you accountable. Share the goals you're working toward and set a timeline for the completion of certain tasks. Ask them to call on a specific day and confirm that you completed them. Obviously, you want to do this only with people who are supportive of your goals – not those who will put you down if you falter. The other way you can do this is by building accountability with yourself. Start by setting a small objective each day, and make sure you complete it. As each day goes by, set a slightly larger objective than the day before. As you keep attaining the goals you set for yourself, you will be strengthening your internal accountability and proving to yourself that you have what it takes to succeed at any goal.

### **Tip #94 – Remember the big picture.**

It's easy to get snagged on the little stuff and lose sight of the big picture – the big goal we're working toward. Undoubtedly, your bigger goal is very important to you, otherwise you wouldn't have made it. Revisit this dream from time to time and remind yourself that the small stuff doesn't matter, as long as your overall destination is where you want to end up.

### **Tip #95 – It's all about the timing.**

Sometimes no matter how hard we try, we can't force things to happen before they're meant to – and that can leave us feeling frustrated and stuck. During moments like this, remember that just because you don't SEEM to be moving forward, there might be movement happening behind the scenes and you just can't see it yet. Vow to keep moving forward, even if you're not yet seeing the results you desire, and affirm that when the time is right your dream will be realized.

### **Tip #96 – Forgive yourself.**

Do you have a tendency to be really hard on yourself? Are you being too demanding with your expectations? If so, forgive yourself! Remember that you're only human, and you are bound to be hard on yourself from time to time. At the same time, make a commitment to go a little easier on yourself. It's okay to push yourself out of your comfort zones and strive for growth and progress, but there is no need to bully yourself into achieving the goals you've set. Do what you can, try to do better than you've done in the past, and let your progress happen more naturally.

With a slightly more relaxed approach, you may find your motivation returning naturally also!

**Tip #97 – Let your intuition guide you.**

Sometimes your lack of motivation might be a strong message from your intuition that you are working toward the wrong goals! If nothing else is working to get you motivated again, ask yourself why you chose the goals you did. What does the outcome really mean to you? Ask your inner self to provide insight on goals that might be more in alignment with your life path. You may be surprised to learn that your goals aren't right for you at all . . . or you simply need to make a tiny adjustment to change everything for the better.

**Tip #98 – Invite creative inspiration.**

Focusing too much on analytical problem solving or logical planning and preparation can often leave us feeling uninspired. Sometimes the solutions you seek have nothing to do with logical thinking at all. Tap into your creative inspiration and see if it has something valuable to share. You can do this by engaging in creative pursuits like artwork, writing, musical instruments, or simple daydreaming. Most often, if you simply make time and room for your creative inspiration to show up, it doesn't need any prodding to do so. Here's the important thing: when you do receive a creative insight, don't analyze it to death! See if you can find a way to integrate it with your existing plans, or if you have to alter your existing plans without too much trouble, go ahead. You may be surprised by how effective this process is, and how quickly your motivation returns along with your creative insight.

### **Tip #99 – Release limiting messages from others.**

Whether you've labored under limiting predictions from a short-sighted parent since childhood or your spouse just expressed a doubt about your goals, you may be letting the negative preconceptions of others invade your mind and deplete your motivation. Release them by holding a private ceremony in which you symbolically let go of any internalized messages or programming you've received from others. You can do this in many ways, but probably the quickest and easiest way is to verbally state that you are releasing the hold these damaging messages have on you. Try something like this: "I hereby release any internal messages of limitation, lack or inability that may have been instilled in me by others. These are not my beliefs, and therefore do not belong in my mind or body. I let them go, and I forgive the bearers of such messages. I believe that they do not mean to cause harm to me; they simply cannot see the same vision I see for my own life, just as I am unable to see their vision. I reclaim my life purpose and I embrace the courage and desire to follow it with joy and gratitude."

### **Tip #100 – Trust your vision . . . it's bigger than you are!**

If you're feeling overwhelmed because you wonder how on earth you're going to be able to achieve something so big and magnificent, it's time to remember that your dream is about more than just YOU! You must believe that you are NOT working alone in your endeavors. Whether you believe in the assistance and guidance of universal or spiritual forces, or you simply believe that you have untapped potential within you – trust that your vision is achievable.



## **Tip #101 – Focus on serving others.**

While it's natural to set goals that will benefit you and your life, making it your mission to contribute something of value to the world is one of the best motivators of all time. Self-sacrifice is not necessary in this scenario, either. Find a way to serve others AND make your own life better at the same time. It's very easy to do, and when you find the right combination to achieve this, you will be awed and amazed at how quickly your dreams will be realized. And when you see the powerful way your contributions effect others around you, you'll never have a shortage of motivation again – in fact, you'll probably have to guard against burnout because you'll become so addicted to the feeling of making a powerful difference in the world.

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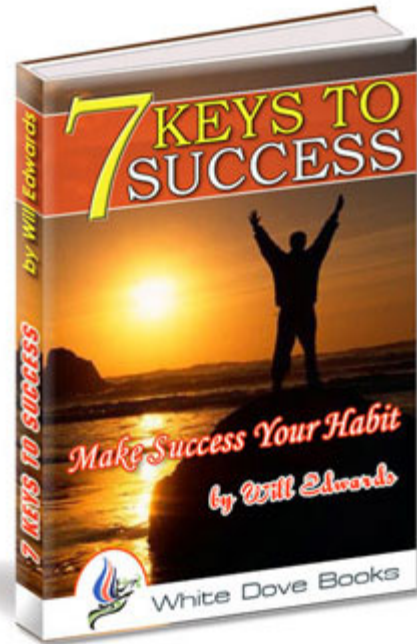
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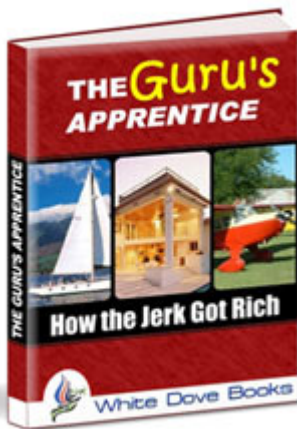
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Will Edwards is the founder of [White Dove Books](#) - the internet's leading website for Self Improvement and Personal Development. A graduate of the University of Birmingham, he develops and teaches Personal Development workshops and is a published author.

Within its first three years, White Dove Books was recognised as one of the internet's leading sites for self help and personal development; breaking into the top 100,000 sites on the internet at the end of 2005.

The INSPIRATION newsletter was started in 2005 as a way of providing helpful information including tips, articles and free inspirational eBooks to our visitors.

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