

100 Ways to Motivate Yourself

Change your life forever

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I hope what I'm about to say doesn't offend you but you have no personality, that each of us has a fixed personality is a complete myth. We make ourselves up as we go along.

The choices we make for our thinking either motivate us or they don't, and while clear visualization of a goal is a good first step to success in life, self motivation demands more.

To truly motivate yourself in the life you want to live, actions required.

Dr Nathaniel Branden says: "a goal without an action plan is a daydream."

Self creation happens once self motivation is mastered, one flows directly from the other, Motion creates the self. In my experience as a teacher, consultant and writer I've accumulated a 100 ways of thinking that lead directly to self motivation.

I now present these thoughts to you:

1. Create a vision.

Create a vision of who you want to be and then live into that picture as if it were already true.

You create a vision; you don't wait until you receive a vision.

In other words you can make it up.

2. Tell a true lie.

Make up a lie about how great you are to make yourself sound unbelievably wonderful.

Think of some stories about who you'd like to be. Without a picture of your highest self, you can't live in to that self.

3. Leave your comfort zone.

Our society encourages us to seek comfort. And yet only challenge will test our skills and make us better. Only challenge and the self motivation to engage the challenge will really transform us. And every challenge we face creates a more skillful self. So it's up to you to constantly look for challenges to motivate yourself and it's up to you to notice when you're buried alive in a comfort zone, then break free and fly away.

4. Find your key.

Napoleon Hill in His book: "The Master Key to Riches" says: "The great master key to riches is nothing more or less than the self discipline necessary to help you take full and complete position of your own mind. Remember it is profoundly significant that the only thing over which you have complete control is your own mental attitude." Maybe the hill book won't be your own key, but I promise you that you'll find your own instruction book if you keep looking. You'll find it when you ready to seek. It's out there, waiting for you.

5. Plan your work.

Many of us think we are too depressed right now to start on a new course of self creation or we're too upset, but napoleon hill says that's the perfect time to learn life's most important rule. There is one unbeatable rule for the mastery of sorrows and disappointments he says. And that's the transmutation of those emotional frustrations through "definitely planned work." It's a rule which has no equal. Once we get to picture of who we want to be definitely planned work is the path to self motivation. Definitely planned work contains the energy of purpose. One hour of planning saves three hours of execution. It is impossible to work passionately with a sense of purpose and feel depressed at the same time. Successfully planned work will motivate you to do more and more than you ever thought possible.

6. Move your goal a posts.

Most people are surprised to learn that the reason they're not getting what they want in life is because their major goals are too small and too vague. And therefore have no power. Your major goal will not be reached if it fails to excite your imagination. What really increases motivation is the setting of a large and specific "power goal". A power goal is a dream that drives you. People who have create a power goals are living on purpose. They know what their up to in life. How can you tell if you've got a big enough and real enough power goal? Simply observe the effect your goal has on you. It's not what a goal is that matters; it's what a goal does.

7. Dribble with your other hand.

It's not that you can't, it's that you haven't. You need to start reprogramming your own habits of thinking. You can think optimistically one thought at a time.

8. Play your character.

How you act is who you become. We can gain energy and inspiration by doing the character we want to be. We can become who we act like we are.

9. Don't just do something, sit there.

Sit quietly, absolutely alone for a long time all by yourself, completely relax. Be with yourself, observe insight starting to appear, observe your relationship with yourself starting to get better. Sitting in silence allows your true dream in life to take shape and clarity. In modern interactive civilized life today, you're either living your dream or someone else's. And unless you give your dream the time and space it needs to express itself, you'll spend a better part of your life living the dreams of other people.

10. Use the right chemicals.

Not real drugs of course, instead get into those energizing chemicals already in your system that get activated when you laugh or sing or dance or run or hug someone. When you're having fun, your body chemistry changes and you get new surges of motivation and energy. Don't keep trying to go out searching for something that is fun it's not out there, anywhere. It's inside you. If you can't immediately see the fun in something finds the way to create it. Once you've made a job fun, you've solved the problem of self motivation.

11. Leave high school.

Most of us think we're stuck in high school forever. Before high school in our earlier and more carefree childhoods we're creative dreamers filled with a boundless sense of energy and wonder, but in high school something got turned around. We began fearing what others were thinking of us. All of a sudden, our mission in life became not to be embarrassed. We were afraid to look bad, and so we made a point not to take risks. Most people end up designing their lives based on what other people might be thinking of him. But we can leave that habit behind. Emerson says: "Why should the way I feel depend on the thoughts in someone else's head."

12. Lose face.

You can create a self that doesn't care that much what people think. You can motivate yourself by leaving the painful self consciousness of high school behind. "Show me a guy who is afraid to look bad and I'll show you a guy you can beat every time."

13. Sing without feeling.

Become a performer. Act like you already feel like you want to feel. William James put it very clearly: "We do not sing because we're happy. We're happy because we sing." If you want to be happy, find the happiest song you know and sing it. It works.

14. Kill your television.

If you're watching too much television and you know it, you might find it useful to ask this one question. Which side of the glass do I want to live on? When you watching television, you're watching other people do what they love to do for a living. Those people are on the best side of the glass because they're having fun and you're passively watching them have fun. They're getting money and you're paying. "I find television very educational. Every time some turns it on, I go in the other room to read a book."

15. Read yourself a story.

Abraham Lincoln used to read the newspaper everyday aloud to himself. He discovered that he remembered twice as much when he read aloud than when he read silently, and what he did remember, he remembered from much longer period of time. Any time you have an opportunity to read something that's important to you, try reading it aloud.

16. Get on your death bed.

Many of us keep pretending that our game has no end. We plan to do great things someday when we feel like it. Confronting our own death doesn't have to wait until we run out of life. In fact being able to vividly imagine our last hours on our death bed creates a paradoxical sensation. The feeling of being born all over again and that's the first step to self motivation.

17. Be lazy to begin with.

Henry Ford says: "There wasn't any job that couldn't be handled if you break it down into small pieces". When you break a job down, remember to allow yourself some laziness in beginning. Because it isn't important how fast you're doing it, what's important is that you are doing it. The irony is, the slower you start something, the faster you'll be finish. When you first think about doing something hard and overwhelming, you're mostly aware of how you don't want to do it at all. In other words, the mental picture you have of the activity doing the activity fast and furiously is not a happy picture so you think of ways to avoid doing the job all together. Thinking about starting slowly is easy. And doing it slowly allows you to actually start doing it. Therefore it gets finished.

18. Leave your friends.

Politely walk away from so called friends who don't support your goals. When you're in a conversation with a pessimist, possibilities seem to have a way of disappearing and a sense of cynicism settles in. "cynics do not create". Everyone knows that enthusiasm for life is contagious. And being in a conversation with an optimist opens us up to more and more of life's possibilities.

19. Plan your game.

Design your own life game plan. Let the game respond to you rather than the other way around. Act on the crucial difference between creating and responding.

20. Find your inner Einstein.

The next time you see a picture of Albert Einstein, realize that, that's actually you. Every human has the capacity for genius. To experience Einstein's creative level of thinking all you have to do is commit to using your imagination. This is sometimes a difficult recommendation for grown ups to follow. Grown ups become using their imagination for only one thing, worrying. Grown ups visualize worst case scenarios all day long. All their energy for visualization is channeled into colorful pictures of what can go wrong. Worry is a misuse of the imagination. What people don't comprehend is that the human imagination was designed for better things. People who use their imaginations to create often achieve things that worriers never dream of achieving. Even if the worriers have much higher IQ's. Dreaming is the design stage of creating the future. Imagine yourself living a motivated life.

21. Feel good first.

Most people think they'll feel good once they reach some goal. They think happiness is "out there, somewhere". The problem with putting off feeling good about yourself until you hit a goal is that it might never happen. By linking happiness to something you don't have yet, you're denying yourself the power to create it in the moment. Your happiness is your birth right. It shouldn't depend on you achieving something. Start by claiming it and using it to make your journey fun all the way and not just fun at the end.

22. Run toward your fear.

The world's best kept secret is that on the other side of your fear there's something safe and beneficial waiting for you. If you work through even a small fear, you'll increase the confidence you have in your ability to create your life. "Fear kills more people than death. Death kills us but once and we usually don't even know it, but fear kills us over and over again. Subtly at times and brutally at other times." The rush we get after running through the waterfall of fear is the most energizing feeling in the world. If you're ever in an under motivated mood, find something you fear and do it. And watch what happens.

23. Just be unexpected.

Most people don't see themselves as being creative, but we all are. One of the reasons we no see ourselves that way is that we normally associate being creative with being original. But creativity has nothing to do with originality and it has everything to do with simply being unexpected. So if you're willing to accept that you are creative, you can begin to cultivate that side of yourself. You can start coming up with all kinds of unexpected solutions to the challenges that life throws at you.

24. Create your relationships.

"We are each of us angels with only one wing, so we can only fly and embarrassing each other." We can't create our truest selves without creating relationships in the process. Relationships are everywhere. In relationships, most of us think with our emotions, not our minds. But anytime you take a relationship problem up into the mind you have unlimited opportunities to get created. Conversely when you send a relationship problem down the elevator into the heart the gut you risk staying stuck in that problem forever. This doesn't mean that you shouldn't feel anything, feel everything notice your feelings but don't think with your feelings. When there is a relationship problem to be solved, travel up the latter to the most creative view. You'll soon realize that you create the relationships you have in your life. They don't just happen to you.

25. Be where you are.

Most of us don't ever focus. We constantly feel a certain amount of psychic chaos because we're always trying to think of too many things at once. Focus on what you want and it will come into your life. Focus on being a happy and motivated person and that's who you'll be.

26. Act like a hero.

We need heroes in our lives. They are not a sign of weakness; they are a source of strength. "Without heroes, we are all plain people and we don't know how far we can go". Hero's shows what's possible for a human being to accomplish therefore are very useful for anyone interested in self motivation. You don't have to have just one hero, choose a number for them. Put their pictures up become an expert in their lives. Collect books about them. Let your hero's lives inspire you. They're only people like we are. What distinguish them from us are the great levels they've reached in self motivation. To just passively adore them is to insult our own potential. Instead of looking up to our heroes, it's much more beneficial to look into them.

27. Accept your will power.

Lot of people says they don't have will power. But if you think you have no will power, you're undermining your own success. Everyone has will power. To be listening to this program you've got to have will power. The first step in developing your will power is to accept its existence. The second step is to know that your will power like a muscle in your arm is yours to develop. You're in charge of making it strong or letting it become weak. Will power is not strengthened by random external circumstances. Will power is an inside game. Make a promise to yourself to be clear and truthful about your own will power. It's always there.

28. Say "No" to yourself.

A lot of people are afraid of the word "discipline" but the root of the word discipline is the word "disciple." When you're self disciplined, you simply decided in the matter of the will to become your own "disciple." Once you make that decision, your life's adventures get more interesting. You start to see yourself as a stronger person. You gain self respect. Abraham Hassel said: "Self respect is the fruit of discipline. The sense of dignity grows with the ability to say No to oneself." Emerson said: "When we say no to temptation, the power of that temptation passes into our will power." And William James recommended that "We do at least two things everyday that we don't want to do. By doing this, we stay powerfully aware of our own will power."

29. Make new word connections.

If you associate the word "will power" with negative things such as harsh, self denial and punishment you'll weaken your resolve to build it. To increase your resolve, it's really useful to think of "new word connections." For example to weight lifters failure is success. Language leads to power, so be conscious of the creative potential of all the language you use and then guide that language in the direction of more personal power.

30. Deprogram yourself.

If you're a regular consumer of the major news programs you belong to a very persuasive and hypnotic cult. You need to be deprogrammed. Start by altering how you listen to the media. Program out all the negative, cynical and skeptical thoughts that you now allow to flow into your mind unchecked when you hear the news. Once you've gotten good at factoring out the negative aspects of the media today, take it step further, and make your own news. Be your own breaking story. Don't look to the media to tell to you what's happening in your life, be what's happening.

31. Open the present.

Practice being awake in the present moment. Make the most of your awareness of this moment. Don't live the past unless you like guilt. Don't live in the future unless you like fear. Just stay focused on today. Watch what happens to your motivation.

32. Serve and grow rich.

You can motivate yourself by increasing the flow of money into your life. Most people are embarrassed to even think this way. They don't want to think and grow rich because they'll be thought of this as being greedy. They believe to make money you have to take it away from somebody else. Or they don't want to come across as being obsessed with money. But you know who is really obsessed with money? People who think they don't have enough. They obsess about money all day long. It's in their family discussions, it's in their minds at night, it becomes a destructive part of their relationships during the day. George Bernard Shaw said: "Our first duty in life is not to be poor". The road to not being poor always travels through your professional relationships. The more serve those relationships, the more productive you'll become and the more money you'll make. Allow yourself to link financial well being with your increase capacity for compassion for others. If I live in poverty, how much love and attention can I give my children or to my fellow humans. How much help can I give to others if I'm always worrying about being in debt?

33. Imitate "Columbo"

In your professional life whatever it is, always be curious. When you meet with someone think of yourself as a bumbling but friendly private detective like Columbo was. Ask questions. By asking questions in your relationships, you're already creating the relationship and you're already self motivated. You don't have to wait for the other person to make it happen.

34. Give away some power.

Motivate yourself by giving someone else the ideas necessary for self motivation. You can have any experience you want in life, simply by giving that experience away to someone else. It's called "Instant Karma." If you want to be motivated, shift your inspiration to someone else. Point out their strengths. Offer encouragement and support. Watch what it does for you.

35. Talk to yourself.

We've always been a little nervous culturally about talking to ourselves. We associate it with insanity. But Plato said: "Thinking was the soul talking to itself." There is no one better to talk to than yourself when you really want to get things worked out. No other person has as much as information about your problems. No one knows your skills and capabilities better. Nathaniel Branden said: "We get our creative thinking going each morning by asking ourselves two questions. One: What's good in my life? Two: What is there still to be done? Because thought always perceives action. Talking to you is a proven way to get motivated.

36. Schedule your comebacks.

Progress toward your goals is never goanna be a straight line; it'll always going to be a wavy line. You'll go up and come down a little. Two steps forward and one step back. Now most people get discouraged when they take the two steps back, they think they're failing. But they really haven't. They really in sync with the natural rhythm of progress. Now once you understand this rhythm, you can look ahead on your calendar to refresh, renew, and recover. Schedule your comeback while you're on top. Schedule a block of time to get away. Even to get away from what you love. Because coming back is goanna be that much more exciting when you've been renewed.

37. Live you're true life.

"When you say you fear death, you're really saying that you've not lived you're true life." This fear cloaks the world in silent suffering. How do you know what you're true life is? How do you know how to live it? First, find out what makes you happy and then start doing that. Don't just wait until something is offered to you. There is no goal better than this one. To know as you lay in you're death bed that you've lived you're true life. You did what it was that made you happy.

38. Get up on the right side of the bed.

Get up on the right side of you're brain. Dreams, and energy, and creative insight come from the right side of the brain. Linear, logical, short term and short sighted thinking comes from the left side of the brain. The best explanation for how whole brain thinking surpasses left side thinking or right side thinking is in a book called, "Frankenstein's castle". We have more control over drawing vital energy and creative ideas from right brain then we ever realized. And what stimulates the right brain the most is a high sense of purpose. If you had to carry a bag of sand around town, you're left brain would say it was boring. But if you had to carry your daughter that weighed the same as the bag of sand, then you would carry her with more energy. That energy comes from the right side of the brain. Purpose gives you that energy. Self motivation increases when the left brain gets good at telling the right brain what to do.

39. Use your magic machine.

Most people wait for an external crisis to finally kick in their whole brain thinking. But you know that leads to a life of reaction rather than creation. The three best ways to activate whole brain thinking are some goal setting, Joyful work and Revitalizing play. So rather than wait for some external crisis to appear, you can create an internal challenge of your own. Goals and games motivate you more than anything else in the world.

40. Get your stars out.

"Make sure you get your stars out" and this is another way of saying: Let the universe that is in you shine freely. Don't try too hard to force things, just get your stars out and let them shine.

41. Be a finisher.

Do you want to know where fatigue really comes from? It doesn't come from working too hard. All the research shows that fatigue comes from not finishing your work. William James once wrote: "Nothing is so fatiguing than the hanging on of an uncompleted task". The best way to change your belief system is to change the truth about you. To believe that you are a good finisher, you've got to build a personal record of finishing tasks. Each day make a list of small tasks and finish them. We motivate ourselves by finishing things.

42. Invent games.

So whatever it is that you have to do, whether it's a major project at work or a huge cleaning job at home, turning it into a game will always bring you higher levels of energy and motivation.

43. Interact.

There's a huge difference between active relaxation and passive relaxation. Active relaxation refreshes and restores the mind. It keeps it flexible and toned for thinking. Great thinkers have known this secret for a long time. Some people use to paint to relax, others play the violin. They can relax one part of the brain while stimulating the other. When they return to work, they were fresher and sharper than ever. Most of us simply deaden the mind in order to relax. We rent mindless videos, read magazines, we drink, we smoke, and we eat until we're foggy and blotted. The problem with this form of relaxation is that we dull our creativity and it makes it hard to come back into consciousness. But when we find ways to link thinking into recreation, we become players in the game of life and not just spectators.

44. Live a whole life today.

"Make each day your masterpiece." While other people focus on some special day in the future, you should always focus on today. Practice sessions are every bit as important as any championship game. There is no reason not to make today the proudest day of your life. Today is the microcosm of your entire life. It's your whole life in miniature. You've got eternity in the palm of your hand. Life is now. Life is not later on. And the more we hypnotize ourselves into thinking we have all the time in the world to do what we want to do, the more we sleep walk and the more we miss life.

45. Welcome your problems.

Every solution has a problem. You can't have one without the other. So why do we say that we hate problems. Why do we claim to want a hassle free existence? Deep down, where our wisdom lives, we know that problems are not to be feared. Problems are simply tough games for the athletes of the mind. And true athletes always want to get a game going. If you learn to love the opportunities your problems present, then your motivational energy will always rise. Every solution has a problem.

46. Drive a library.

One of the greatest opportunities for motivating yourself today lies on the way you use your drive time. With the huge variety of audio tapes now available you can use your time on the road to educate and motivate yourself at the same time. If we leave what we think about to

chance or to an R-rate disk jockey then we lose a large measure of control of our own minds. Audio cassette learning is one of the surest ways to reprogram your subconscious mind. It's one of the best ways to design an action orientated belief system. The kind you need to inspire on going self motivation.

47. Rewind your thoughts.

Perhaps you noted some idea in this program or some recent book you've read that you want to hold on to. Even a single phrase, if you place it prominently in your home or in your office, can have a huge impact in your life. So write things down, put things up. Write down what motivates you and put it up where you can see it.

48. Make yourself up.

One of the ways to get starting in making goals and action plans is just make them up like you did as a kid. Think of creating in simpler terms than that. Take it as something that all human beings do very easily. "Always think of what you have to do as easy and it will be."

49. Get small.

Most people participating in the free enterprise system have become convinced in setting large and specific long range goals for themselves. Career goals, yearly goals, and monthly performance goals are always on the mind of a person with ambition. But maybe people overlook all together the power of small goals. Goals set during the day that give energy to the day in a sense of achieving a lot of small wins along the way. By increasing your conscious use of small objectives, you'll see the larger objectives coming into reality much faster than you thought they would.

50. Get out of the box.

All of us tend to look at our challenges from inside a box. We take what we've done in the past and put it in front of our eyes and then try to envision what we call "the future." But you see that restricts our future. With that kind of restricted view, the best the future could possibly be is a new and better past. Great motivational energy occurs when we get out of that box and realize that the possibilities for creative ideas are infinite. To create the best possible future for yourself, don't try to look at through a box containing your own past. Create the future from nothing.

51. Advertise to yourself.

Losers visualize the penalties of failure and winners visualize the rewards of success. Without advertising our goals to ourselves, we can lose sight of them all together. Start the day by drawing four circles on the blank piece of paper in the beginning of the day. The circles represent my day, my month, my year, and my life. Inside each circle, I write down what I want. It can be a dollar figure, it can be anything. And the goals can change from day to day, doesn't matter. By writing the goals down, I'm like an airline pilot looking at my map before take off. I'm orienting my mind to what I'm up to in life. I'm reminding myself of what I really want. If I don't make a map, basically I'm saying "just take me anywhere." And that's how we live our lives.

52. Don't stop thinking.

Motivation comes from thought. Everything we do begins with a thought. And when we quit thinking, we lose the motivation to act. We eventually slip into pessimism and the pessimism leads to even less thinking and so it goes. Downward spiral of negativity and passivity

feeding on each other. Pessimists thinking so negatively about doing the whole thing perfectly that they end up doing nothing and becoming passive. Whereas the optimist always does a little something; always takes an action, always feels like progress is being made. Pessimists continually use their imaginations to visualize worse case scenarios and then concluding that those scenarios are so hopeless, and there is no cause for action. Therefore, pessimism always leads to passivity. "Imagination should be used not to escape from reality, but to create it". Begin the habit in yourself of saying no to negativity. When negative thoughts start the argument in your mind, which they always do, even for optimists, don't stop thinking. Real creative thinking is going to lead to optimism. And optimism is always self-motivating.

53. Debate your dark side.

Negative thinking is something we all do. The difference between the person who's primarily optimistic and the person who's primarily pessimistic is that the optimist learns to become a good debater. Once you become surely aware of the effectiveness of optimism in your life you can learn to debate your pessimistic thoughts. If you catch yourself being pessimistic, build a case for the optimistic view. Pretend you're an attorney and your job is to prove the pessimist in you is wrong. If you really want to open up your life go optimistic.

54. Make use of trouble.

We heard stories of bad events, when looking back, were strokes of great fortune. A person that breaks their leg skiing meets a doctor in the hospital, falls in love and marry that person. What seemed horrible becomes a great event in their life. "Every problem carries a gift inside it." Now by choosing to make use of seemingly bad events by asking yourself: "how can I use this?" "What might be good about this?" You can get to the gift inside your problem a lot more quickly.

55. Learn to brainstorm by yourself.

Put a goal on the top of a page and then put numbers one through twenty on that page and begin your brainstorming session. List twenty ideas. They don't have to be well thought out or reasonable. Give yourself permission to flow. Your only objective is to have twenty ideas out in a certain amount of time. If you do this for one week, you will end up with a hundred ideas. They will probably not all be usable, but who cares. When you begin the process you'll probably didn't have any usable ideas.

56. Create your own voice.

You can create your own voice by practicing. Use audio cassettes in your car and sing out loud, even when you don't feel like singing. The point is doing let your feelings ruin your life. Keep thinking, Strategies, Plan. You can create anything you want. You can even create your own voice.

57. Live on the frontier.

The information age is our new frontier. Employers are not as interested as job history. They are more interested in current capabilities. Times have changed. It's all about what you can do now, not about what you've done.

58. Replace your habits.

Self-motivation is much more difficult to achieve when we're held back mentally by certain bad habits. But here's the catch. Bad habits can't be gotten rid of because they exist for good reasons. Their there to do something for us even if that something ends up being self destructive. Down deep, even a bad habit is trying to make us operate better. That's why bad

habits have to be transformed and built upon. They can't be killed. They can't be eliminated. What we're trying to do is "habit replacement" and where bad habits live, replacement is the only thing that works. i.e. running replaces smoking because of the breathing. Subconsciously you don't even think a habit is bad because it's fulfilling a perceived need. The way to strengthen you is to identify the need and build on it. Honor the need by replacing the current habit with one that is healthier and more effective for you.

59. Paint your day.

Self motivation is much more difficult to achieve when we're held back mentality by certain bad habits. When you wake up try picturing your day as a blank artist's canvas. Ask yourself, "Who's the artist today? Me or blind circumstance?" If you choose to be the artist, how do you want to paint your day?

60. Swim laps under water.

Prepare big challenges by swimming laps under water. Build your brain by building your lungs. Sometimes all you need is the air that you breathe just to motivate yourself. Going for a run or a walk or simply deep breathing gives the brain the fuel it feeds on and motivation comes easy.

61. Get some coaching.

Get someone that can stand back and watch you objectively. Ask someone you admire to watch you and coach you for a while. Let them tell you what they see. It's a courageous thing for you to do and it will always lead to growth.

62. Leave home.

You do things that are holding you back because it feels like home. When you do these things, you do them because that's what your comfortable doing so you make yourself right at home doing them. As they say, there's no place like home. Home can be an ugly place if it's not kept up and consciously made beautiful. Home can be a dark, damp, prison, smelling of bad habits and laziness. But we think we're safe there. However when we inspect the wore out house more closely, we can see that the safety experiencing is pure self limitation. You might want to identify the habits that keep you trapped. Identify what you've decided is your final personality. Understand that it might be a hasty construction built only to keep you safe from risk and growth. Once you've done that, you can leave home. You can get the blue prints out and create a home you really want.

63. Perform rituals.

As you listen to these various ways to motivate yourself, you might have notice that action is often the key. Doing something is what leads to doing something. That's the law of the universe an object in motion stays in motion. One great ritual for activating the brain is walking. When you have problems in your life that seems too overwhelming but use the ritual of walking and take the problem out for a long, long walk. Time and time again during the course of the walks something comes out of nowhere. Some idea for an action that would solve the problem. So try making up a ritual for yourself. Anything that will act as a self starter. Rituals will have you an action before you feel like getting into the actions. Rituals always override your built in laziness. They always get you motivated in a predictable, controllable way.

64. Start your life over.

If you catch yourself thinking that you're too old to start something you want to do please recognize that you're not listening to the pessimistic voice inside of you. It's the voice of a liar. Remind the voice of all the people in life started their lives over again at any age they wanted to. Don't listen to the voice inside, you can start your life over right now.

65. Keep all your promises.

One way I use to motivate myself is to make some unreasonable promise. To go to someone I cared about either personally or professionally and promise something really big. Something that takes all the effort and creativity I had to make it happen. Although some of these promises I made weren't kept, it's not really an intelligent way to self-motivate. Instead make commitments to other people, but know that these commitments are ones you know you can keep. But to motivate yourself, replace promising to others to promising and setting goals to yourself. The power goals are that they can be outrageous and huge. They can be really wild possibility thinking. Without setting large goals internally, you will just end up living a life of what you think you have to do.

66. Give some luck away.

"You cannot live a perfect day without doing something for someone who will never be able to repay you". There is a way to make sure you can't be repaid and that's to do something for someone who won't even know who did it. You can create luck in your life by giving it away. See if you can begin creating your own luck.

67. Draw your universe.

You can create your own goal directed universe by using the four circle four minute goal setting discussed earlier. Label the first circle "Life long dream." Circle two labels "My year." third circle "My month." Circle fourth "My day." Each circle if done successfully guarantees the success of the next circle. If you hit your daily goal everyday, your monthly goal is automatically hit. And if your monthly goal is reached the yearly goal has to happen, it's mathematical. And if your yearly goals are hit the life long goal cannot not be reached. Then you can see proven for you that your life and your day are the same thing. You can create your own universe anyway you like. The system itself is not the motivator. Your understanding of your responsibility to be a creative planer, that's what the motivator is.

68. Get up a game.

Competition is great for motivation. Competition teaches a valuable lesson that no matter how good you are, there's always somebody better than you. That's the lesson in humility everybody needs. And it teaches you by trying to beat somebody else; you reach for more inside of you. Trying to beat somebody else puts the game back into life. If it is done optimistically it gives energy to both competitors. It teaches them sportsmanship and it gives you a beach mark for measuring you own growth. So in your life, let the games begin. Have fun winning and losing. When someone has insulted you or under rated you, don't just get even, get better. Use your victory, not to hurt them, but to create you.

69. Turn your mother down.

We first learn how to explain to world to ourselves from our parents, and more especially our mothers. "It can be a disaster if the child has a pessimistic mother". The disaster can only be temporary. Optimism can be learned at any age. It's not self motivating to blame mom if you find yourself to be a pessimists. Blaming others is never self motivating because it

strengthens the belief that your life is being shaped by forces outside yourself. Love your mom; she learned her pessimism from her mother. But change yourself.

70. Face the sun.

Helen Keller wrote: "When you face the sun, the shadows always fall behind you". This was her way of recommending optimistic thinking. What you look at, what you face, grows in your life, what you ignore falls behind you. If you turn and look only at the shadows, they become your life.

71. Look inside.

Most of us wait to find out who we are from the impressions we get from other people. If we get positive feedback, that's great. But your journey should be internal. Travel deeper and deeper inside to find out your own potential. Your potential is your true identity. It only waits for self motivation to come alive.

72. Go to war.

Research shows that during times for war suicide rates go down. We don't to wait for something tragic. We don't have wait until we go to war to attack us from without. We can get the same vitality by challenging ourselves from within. "All battles are first won or lost in the mind". Ask yourself: what would you do if you had only one year to live. How would I live differently? What exactly would I do? That question can inspire surprising thoughts. It can reveal skills inside you that you're not using today.

73. Make small change.

When practicing self motivation, it can be common that you get a lot of different type of mood swings. Sometimes you'll be on a real high on the idea of who you can be and set up to change yourself overnight. Then your old habits will pull you back to who you use to be and then you become demoralized. You have eventually accepted the idea that great things are often created slowly. Great paintings, great buildings. So why great people couldn't be created slowly. So if you willing to see yourself as a masterpiece in progress, then you'll love small changes. You'll be excited by a tiny thing you did differently today. You should celebrate because you're moving in the direction of self creation.

74. Do something badly.

Sometimes we don't do things because we're not sure we can do them well. We feel that we are not in the mood or our energy levels to do that task that we have to. So we put it off or wait for inspiration to arrive. We're so afraid to do things until we're sure we'll do them well, we end up not doing anything. "If a thing is worth doing, it's worth doing badly." If you're not motivated to do something you know you need to do, just decide to do it badly. Add a little self deprecating humor. Be comedic about what you're doing. And then enjoy what happens to you once you're in the process.

75. Be a visionary.

The principle of "visioneering." You cannot do anything you cannot picture yourself doing. Visioneering is just another word for picturing yourself. Once you make the picturing process conscious and deliberate, you begin to create the self you want to be.

76. Shine your light.

Taking things lightly was the most spiritually advanced thing you can do to improve your effectiveness in life. After all, it's God's angels that take themselves so lightly that they are

able to fly. And if his angels take themselves so lightly, imagine how lightly he takes himself. Your own motivational level will always be lifted with humor. Anytime you're stuck, ask yourself to take things lightly. Ask yourself to come up with some funny solutions. Laughter will destroy all limits to your thinking. When you're laughing, you're open to anything.

77. Be a list writer.

Never hesitate to sit down with yourself and make lists. The more you write down what it is you want, the more you can dictate your own future. A goal gains power when you write it down and it gains more power every time you write it down. Now we're always looking for motivation in what others have written. But if you become a creative list maker, you'll learn how to motivate yourself by what you've written.

78. Be the change.

Don't try to change other people. It doesn't work. You'll waste your life trying. We talk to our children for hours about how we think they should change. But children don't learn from what we say, they learn from what we do. By being what you want them to be, you can lead by inspiration. What you tell people to do often goes right by them. Who you are, doesn't. The change in you is contagious. When you yourself change, watch how the people around you change.

79. See the gold.

In every circumstance, we can look for the gold or we can look for the filth. And what we look for, we'll find. Opportunities are like those subatomic quantum particles that come into existence only when they're seen by an observer. Your opportunities will multiply when and only when you choose to see them.

80. Simplify.

It's hard to be aggressive when you're confused. When you simplify your life, it gathers energy.

81. Pin life down.

"A goal without an action plan is a day dream". Before any adventure, take time to plan. Let life respond to you. If you're making all the first moves you'll be surprised on how often you can "pin life down."

82. Strengthen your purpose.

Energy comes from purpose. If the left side of the brain tells the right side there's a sufficient crisis, the right side sends energy and sometimes super human energy. That's why there's such a difference between people who set and achieve goals all day and people who just do whatever comes up whatever they feel like doing. To the first person, there's always added purpose. To the other, there is boredom and confusion. The two greatest robbers of energy. Because we are totally responsible for our own sense of purpose that also means that we're totally responsible for the energy in our lives.

83. Go on news fast.

Stop watching the news for a few weeks. If you go for a period of time without listening to or reading the news, you'll notice an upswing in your optimism about life. You'll really feel a lift in energy. Your mind is yours to fill with whatever you want. The more you accept the responsibility of filling it, the easier it will be to build an optimistic and effective mind set.

84. Choose an action.

When you find yourself worrying about something, always ask yourself an action question. "What can I do about this right now?" And then do something, any small thing. Anything that worries you should be acted on. Not just thought about. Even small actions start to chase away your fears and put you back in control of creating what you want.

85. Be a thinker.

There are two kinds of workers, the whiners and the thinkers. The whiners are very smart, dedicated employees that worked long hours, but when they come into the president's office it was always to complain. They are great at finding fault with other managers and pointing out what's wrong with the system. But they drain the president because they are so negative and it's hard to make them feel better. Then after that, the president is depressed. The thinkers however had a different way of coming to the office with problems. The thinkers come to the president with ideas. They see the same problems as the whiners see but they've already thought about possible solution. When you're committed to self motivation, you'll follow into the realm of the thinker naturally. You'll be more valuable to your organization and to yourself.

86. Choose enjoyment.

There's a huge difference between pleasure and enjoyment. And when we're absolutely clear about the difference, we can grow much faster toward who we want to be. What we do for pleasure, for example, routine sex, eating, drinking, and all kinds of short term stuff, that's different than what we do for enjoyment. Enjoyment always involves a use of a skill and it always involves facing a challenge. Things like sailing, gardening, golfing, and any kind of activity like that involving skills meeting a challenge result in enjoyment. People who get clear on the difference begin to know how to consciously put more enjoyment into their lives.

87. Read mystery novels.

The person with the highest IQ ever measured recommends mystery novels as brain builders. The brain can be built as surely and as quickly as the muscles of the body. So the next time you feel like curling up with a good mystery, don't feel guilty. It might be doing the most productive thing you've done all day.

88. Express your thoughts.

Go ahead and feel your feelings. But when it's time to talk, be thoughtful and express your thoughts.

89. Use your weaknesses.

Make a list of your strengths and your weaknesses on separate pieces of paper. Place the list of strength somewhere where you'll see it again because just looking at it will always pick you up. Now look at your list of so called weaknesses and study them for a while. Stay with it until you feel no shame or guilt about them. Allow them to become interesting characteristics instead of something negative. Ask yourself how each characteristic could be useful to you. Now there isn't anything on your weakness list that can't be strength for you if you think about it long enough.

90. Try becoming your problem.

Whatever type of problem you're facing, the most self motivational exercise I know of is to immediately say to yourself, "I'm the problem." Because once you see yourself as the problem, you can see yourself as the solution. By seeing ourselves as victims of our

problems, we lose the power to solve them. To activate the power inside ourselves we need to take only two essential steps. One: Own the problem. And two: Create the solution.

91. Inflate your goal.

There's an other self motivator that must be used as an intellectual tool only. Take a certain goal of yours and double it or triple it or multiple it by ten. And then ask yourself quite seriously what would you have to do to achieve that new goal? Remember, this is just a self contained game and not a promise to anybody else. But it is a game that's fun to play. Why? Because it works.

92. Come to your own rescue.

"1. You can't leave a place you never been. 2. No one is coming." I use to believe I can run from all my freighting thoughts and beliefs about myself. But all that ever did was creating deeper internal fears and conflicts. What I really needed was to get all my fears into the sunshine and demystify them. Once I systematically began to do that, I was able to dismantle the fears like a bomb squid does to a bomb. Acceptance and full conscious of those fears was the place I've never been. Once I was in that place, I could leave. The notion that no one is coming is more terrifying. You can much happier if you value independence and self reliance then depending on someone else. So when you accept the idea that no one is coming, it's actually a very powerful moment. It means that you are enough. You can handle problems yourself. You can grow. You can get strong. You can generate your own happiness. And paradoxically, from that position of independence truly great relationships can be built because they are not based on dependency. They are not based on fear. They are based on mutual independence and love. See how much better you are at self motivation once you've begun to celebrate the news that you are enough.

93. Push your own buttons.

Motivation never has to be accidental. Any form of motivation. A lot of people like to motivate themselves musically for example. But you don't have to wait for hours until a certain song comes on the radio that picks up your spirits. You can control what songs you hear. If there's certain song that lifts you up, create a greatest motivation hits tape for yourself. You've got much more control over your environment than you've ever realized. Learn how to push your own buttons.

94. Strengthen your rehearsal.

The harder you are on yourself, the easier life is on you. There isn't anything life can challenge you with that you can't challenge yourself with in advance. You can set yourself up to succeed. If you have to make a presentation in front of someone who scares you, you can always rehearse it first in front of someone who scares you more. If you got something hard to do and you're hesitant to do it, pick up something even harder and do that first. Watch what it does to your self motivation going into the real challenge.

95. Improve your vision.

"It's not what a vision is; it's what a vision does." So what does your vision do? Does it give you energy? Does it make you smile? When you're tired, does it take you that extra mile? A vision should be judged by these criteria. The criteria of power and effectiveness. In other words, what does it do? What do you want to bring into being? If your vision isn't giving you energy then pictures another one. Keep added until you develop a vision that is so colorful and so clear it puts you in action just to think about it.

96. Build your power base.

The more awake you are, the more conscious you are, and the more you pay attention to how your own efforts at self motivation are succeeding, the more powerful you'll become. Your knowledge of self motivation is power in it of itself. Respect your knowledge and build on it.

97. Link truth to beauty.

The best case for honesty is how beautiful it is. How clean and clear it makes the journey from current reality to the dream. Truth leads you to a more confident level in your relationships with others and with yourself. It diminishes fear and it increases your sense of personal mastery. Lies, half-truths, will always weigh you down. Where as truth will clear up your thinking and give you the energy and clarity needed for self motivation.

98. Take No for a question.

Ask the universe for what you want. Don't take No for an answer. Take No for a question. When you ask for something and it's denied to you, imagine that the No you heard is really the question, "Can't you be more creative than that?" Never accept No at face value. Let rejection motivate you to get more creative.

99. Walk with love and death.

Whenever I need to get through something, face something or create a courageous kind of action plan, I always take long walks. When I walk long and far enough a solution always appears. I eventually get oriented to the most creative course of action. "When you walk, the movements of your limbs are cross patterned. The right leg and left arm move forward at the same time and the left leg and right arm. This type of movement generates electrical activity in the brain that has a harmonizing influence on the central nervous system. A special benefit of walking that you don't necessarily get from other kinds of exercise. I call it "A Walk with Love." Because love and fear are opposites. Most people think love and hate are opposites but their not. The ultimate creativity occurs from the spirit of love. Love is always creative and fear is always destructive. And I called "A Walk with Death" because it is only the acceptance and awareness of my own death that gives my life the clarity it needs to be exciting. Take your own challenges out for a walk. Feel your self motivation growing inside you. Feel the electricity in your brain. Feel it harmonize with your central nervous system. You'll soon know for a fact that you do have what it takes. You can walk courage into existence.

100. Buy yourself flowers.

Buy yourself flowers and every time you look at them, let them remind you of how colorful your future is going to be. How fresh your thoughts are. How easy it is for you to honor yourself. How much power you have to make your environment beautiful. And how sweet the smell of the universe can be.

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