

Manifest Your Motivation in Three Steps:

1. Create It, 2. Re-enforce It, 3. Expand It

Five Ways to Create the Foundation of Your Motivation - "THE WHY"

1. Seek out sources of inspiration from people, books, magazines etc.
2. Visualize the outcome you seek and ask why it is so important to you?
3. Write down your ideas and refine them with a dose of reality.
4. Set an action plan for yourself to realistically accomplish specific goals.
5. Use deadlines within your plan to hold yourself accountable.

List Five Things You Will Lose if You Don't Motivate Yourself to Succeed:

- 1.
- 2.
- 3.
- 4.
- 5.

List Five Things You Will Gain by Motivating Your Success:

- 1.
- 2.
- 3.
- 4.
- 5.

List Five Ways You Will Reward Your Success:

- 1.
- 2.
- 3.
- 4.
- 5.

Five Ways to Re-enforce the Momentum of Your Motivation - "THE HOW"

1. Use daily reminders like notes on the bathroom mirror or in your pockets.
2. Ask your friends and colleagues to encourage, not harass, your success.
3. Find a picture of what success looks like in a magazine and post it.
4. Find an image or images online and make a screen saver or slide show.
5. Set an alarm on your phone or schedule a appointment to act daily.

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List Five Ways You Will Re-enforce Your Success

- 1.
- 2.
- 3.
- 4.
- 5.

Five Ways to **Expand** the Momentum of Your Motivation - "THE WHAT"

1. Invite friends or join a group so that you have support for your goals.
2. Keep a log of all your hard work and increase your goals as you go.
3. Reward yourself often and set new goals with new rewards.
4. Write challenge statements and post them with your goals to see daily.
5. Re-evaluate your success and set higher goals as you make progress.

List Five Challenge Statements That Will Promote Your Success:

i.e. *"This Week I Will Run 25 Miles and Increase My Times Each Time"*

- 1.
- 2.
- 3.
- 4.
- 5.

List Five Things You Can Do to Expand Motivation & Promote Success:

- 1.
- 2.
- 3.
- 4.
- 5.

Use the following template for goal setting to maintain your momentum!

Goal: _____

<u>Specific Objective</u>	<u>Deadline</u>	<u>Why is it Important</u>	<u>What Reward?</u>
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|----|--|--|--|
| 1. | | | |
| 2. | | | |
| 3. | | | |