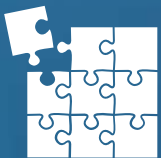


10 EASY STEPS TO KEEPING YOUR MOTIVATION HIGH



LB Coaching

Put the pieces together. Live better.

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About the Author

Articles on Motivation, published by Natalie Ekberg

Preface

When I first started writing this book 18 months ago, all I wanted was a quick and brief “guide” which would give people an instant boost of energy and motivation. My ambition wasn’t high; it was my first book after all, and I had no idea what the book’s future would be like.

To my astonishment and surprise, people all over the world responded positively to the book’s motivation tips.

My reader Jalel had so much success with these tips that he started teaching them to his local community in Sierra Leone. He claims he is even making a small income from his teachings and thus providing for his family. He is forever grateful to this little book. In his own words: “I am now being seen by many people in my community as a light which has just emerged from the dark”.*

Then there is John who asked for permission to copy the book and made it available in the library of a South African prison.*

Anika in Kenya used some of the principles while grieving after her mother had passed away. She said of my book: “Your words feel like having a close friend near me and I draw a lot of strength from them”.*

Did I ever expect this book to have such a far-reaching effect? Not in my wildest dreams. Did I believe the book would be a success? Absolutely! I wrote it with the clear purpose to enrich people’s lives and contribute to their happiness in my little way.

As a consequence of the positive feedback, I soon realized that keeping our motivation high is not as easy as it would seem. There are so many elements in our daily lives that keep us down, even though, quite frankly, lifting our mood can be as easy as changing our body posture or noticing and enjoying a ray of sunshine. Nevertheless, many people find it hard to stay motivated and that’s where my book comes in handy.

I believe that when you do things with honest and positive energy, you not only help the ones you intend to but you receive a sense of satisfaction and pride in return.

The tips in this book are really easy to implement and, when done properly and repeated regularly, can help you transform into self-motivation specialists. Before long, you will be the one people turn to with the question: “How do you manage to stay motivated all the time”?

So go ahead and bite into this second and extended edition of the book. For this updated version, I did a lot of research and have included many examples from my clients’ lives, just to show you that being motivated can bring you a long way.

Enjoy the read and I hope to get some feedback from you when you are done.

This book is dedicated to all my past and future clients and readers. I wish you all the best on your way to prosperity and happiness.

Natalie

*All the actual names have been changed and no real names are used for the case studies or examples throughout this book.

Introduction

Motivation and I have been best friends for years. As it happens even in the best of relationships, we occasionally disagree. There were times when my friend motivation did not approve of my sulking ways, so it disappeared for days, nowhere to be found. It forced me to re-evaluate my ways and promise to do better next time, before I was able to slowly coax it back. The assumption being, nothing and nobody will tear us apart again... Only, this is not so easy, as we all know.

Motivation is a tricky friend. Its presence or its absence depends solely on us and, let's face it, who wants that sort of responsibility?! However, there are ways to make this tempestuous relationship work, and in this book I will show you how.

First though, let me explain to you why I feel competent to write about this particular subject.

As a young executive for a multinational company, my motivation was super high. Being well paid, appreciated and re-assured about my career prospects, I didn't need any further encouragement to work long hours, leave for a business trip with 1 hour's notice or turn up at the office on Sundays. Yes, when you feel appreciated, motivating yourself is usually not a big deal. But how to deal with it when that oh-so-important factor is missing? I was about to find out...

When I left the company to follow my husband on his international career, I found myself, from one day to another, without all those things I had taken for granted in "my previous life". All of a sudden, there was no income, no career prospects and very little appreciation. I found myself in a foreign country with no support network, no friends and no job – and a husband who loved me dearly but travelled a lot...

I have to admit, there were many days in the beginning when I just couldn't make myself get out of bed. What for? I didn't know what to do with myself. I went from a highly motivated, unstoppable young lady to somebody with no motivation at all - within a couple of days!

The story has a happy ending, though, because I managed to pull myself together and turn my life around. And guess what? Ever since then, I have had to do it four more times in a big way, because we have moved four more times after that first, memorable, life-changing time. Not only did we move to different countries, we moved to different continents. We lived in places where I could not speak the language. I guess you can imagine how motivated I must be to overcome all those obstacles and still be on top of my game, positive and upbeat. I should also mention that in each of the places, I managed to work and often left a fun job behind before starting all over again. Let me assure you, that is not easy. But I have trained myself. When this is the type of life you lead, you can't go against yourself and let yourself down every time, or you have no energy left to deal with the actual physical move.

You know the saying, "what doesn't kill you makes you stronger"? Well, that would be my approach to handling my motivation. Of course it was very low, every single time I had to start in a new place. Of course I felt this was not fair. But in the end, it was my choice of lifestyle and since one has to take responsibility for one's life, I have decided to become best friends with my motivation, once and for all.

As a result, over the years I have become much better at dealing with my "low motivation" periods. With each and every move, these episodes have become shorter and shorter. I have also developed wonderfully creative ways to jump-start my motivation and, as our family has grown, to help those who need this too.

Sometimes the fall from being successful and feeling great can happen fast and the triggers can be totally unexpected. This is why I felt this book could be helpful and decided to share my story with you, because I understand how easy it is to feel flat and de-motivated. I hope this book will prepare you to recognize the signals that a decrease in your motivation level might be round the corner so you can deal with it before it hits you hard. In addition, I will provide you with the tools to re-ignite your engines and let your motivation run at full speed.

Let's begin then.

Chapter 1

What is Motivation?

Motivation is what keeps us going. It is the reason why some people succeed and others fail. Motivation is the drive behind a person's ability to complete a task. Motivation is a combination of many factors all linked together: the way you think, your ability to believe in yourself, your attitude, your knowledge of yourself, your thinking process, your ability to communicate.

You probably noticed the word “your” appears several times in the sentence above. And you might wonder why being motivated requires so much of “you”. The reason is simple. Other people might try (and some of them successfully) to start-up that fire within you that sets your motivation going. However, you are the only one who can keep that fire alive. If you don't, it will become what some call “a broken record”, requesting help from others all the time. You will become boring, demanding and troublesome. Please remember that others, even those closest to you, have their own lives to live and need to keep their own “fire alive”; they might not always have enough energy to help you keep yours alight as well!

Now that we have established keeping your motivation high is YOUR responsibility, let's have a closer look at it.

Motivation is the spark everyone needs to make it through the day, especially if it gets tough. It's that little “something” that helps you to persevere towards your goals even when you feel like giving up half way through.

Motivation, or rather the lack of it, is an excellent indicator of whether some activities are right for you or not. If you feel repeatedly depressed about going to work, it is probably not the right job for you. If you can't get yourself to the gym again, you might have chosen an activity which doesn't provide you with enough fun to want to stick with it.

Motivation is an attribute that some people have more of than others but it is not hereditary! You can learn it, practice it, and become a master of self-motivation! And it doesn't end there! Once you know how to remain motivated, you can help others achieve the same, because your attitude will be contagious!

The purpose of this book is to show you methods you can practice on a daily basis to remain motivated. These techniques will help you feel better about yourself and everything you do. You can practice them when you are at work and when you are at home. At first, some of these methods might seem difficult to do or remember. It will take time for you to be able to follow these techniques naturally. But don't despair – they are perfectly doable. And don't forget – they will change your life!

You might have once been a “talker” rather than a “doer”, a “dreamer” rather than a “pursuer”, but that is all about to change. You took your first step towards that change when you bought this book and I want to congratulate you. I hope you will never have to look back.

The “new you” will inspire those around you and I simply can't think of a better reason – apart from changing your world, naturally – to start reading right now.

Get ready: here comes step number 1...

P.S. By the way, the Oxford Advanced Learner's Dictionary describes the word “motivate” as: to take an action, to inspire and to stimulate. Pretty strong words, eh? What do you think? Do you want to be connected with those words? I bet you do.