

Are You Flying to the Stars or Staring Into Space?

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are You Flying to the Stars or Staring Into Space?

By Martin Avis

Are You Flying to the Stars or Staring Into Space? by Martin Avis

Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.

>>> Stephen R. Covey, motivational writer.

There are two kinds of motivation: motivating others, and motivating yourself. They are very different beasts, but tame them and you will succeed.

In truth, there is only self-motivation. Motivating others is simply the creation of an environment in which they can become self-motivated.

Shouting at an employee; using a stick to beat work out of your workers; threatening them with loss of privilege, benefits or job are tactics all too often used in the corporate world. They may well provide short-term motivation, but they are negative. Resentment will grow, attitudes will decline, the threats will get louder, and the spiral will continue downward. Institutionalized negativity can never produce long-term positive results.

Institutionalized positivity, however, is like the 'light' taught about in the Kabbalah. It is a glorious force that is all-pervading. It has a power far greater than its ten little letters can begin to signify.

Are You Flying to the Stars or Staring Into Space?

When the boss stops saying 'If you don't finish all that pile by 5pm, your job is on the line', and starts saying 'Thank you for putting in the extra effort on that job – it was vital to the company and your contribution has been fantastic', his staff will be able to begin the climb towards the light of self-motivation.

Of course that is a simplistic message. Everyone has different buttons that need to be pressed. Some may want recognition, some praise, some self-determination, some material reward, some fun. An enlightened (there's that light again) manager spends time finding out what

those buttons are.

'People become motivated when you guide them to the source of their own power and when you make heroes out of employees who personify what you want to see in the organization.' So said Anita Roddick, founder of The Body Shop.

But this article is really about self motivation. Your motivation and mine.

So I ask again, are you flying to the stars, or staring into space?

You can easily do either. Sometimes even washing the dishes seems more important and interesting than earning a buck. I've done it myself: spent all day fussing around, tidying my desk, staring out of the window, reading a magazine, making coffee, checking out a website, cutting my nails. By bedtime I've achieved absolutely nothing of value at all.

What is the psychological barrier to getting on with what is important?

Maybe it isn't interesting enough.
Perhaps it isn't profitable enough.
Could it be that it isn't fun enough?

The truth is, that at that precise moment, it just isn't important enough.

Are You Flying to the Stars or Staring Into Space?

People in offices are well aware of the last minute syndrome. No matter how many weeks you have to prepare for a major presentation or meeting, you will always be rushing to get it done at the last minute.

We tell ourselves that we work better under pressure. That we need the adrenaline kick to produce our best work. That we are so busy we wouldn't have been able to do it any earlier anyway.

All nonsense, of course.

We simply persuade our brains that the job isn't really important until it is urgent.

How, then, do we make each job important enough to motivate ourselves to get on with it?

Because we are blessed with brains that are contrary, we have to resort to tricks. Here is how you can sneak up on yourself.

* Write things down.

There is something almost magical about writing things down. It becomes a contract with yourself that your tricky brain is quite hesitant to break. That is why 'to-do' lists are so effective. They concentrate your thinking on what is important.

So if you have been thinking vaguely about setting up your own Internet business, for example, but haven't quite managed to summon up enough motivation to actually get started, write a business plan. Make it really detailed, with a timeplan. Break each stage of the business startup into steps. Write down the exact date each step has to be done by. Sign and date it.

If you go to that effort, you are 80% of the way there. And you will have done more than 90% of everyone else who is vaguely dreaming about their own business.

* Appoint a conscience.

Ideas are easy to break, commitments are harder. When

Are You Flying to the Stars or Staring Into Space?

you have written down your plans, share them with someone whose approval you value.

If you have a close friend, family member or colleague that will act as your conscience, you are far more likely to succeed than if you try to struggle on alone.

Your conscience doesn't have to do anything except check out how you are doing once in a while. Let them share your dream and taste your excitement and when you have a bad day (and you will) call them up so they can remind you.

* Reward yourself.

Often, when I am writing, a gremlin in my mind starts to nag at me do something, usually inconsequential, else. Sometimes, if I'm unwary, that little voice wins. Then I find hours go by and I get nothing done. But if I catch it in time, I make a deal with the demon. 'Okay,' I'll say to myself, 'I'll go and make that coffee/ check out that website/ read that magazine, but

only AFTER I've finished this.'

It sounds silly, but it works. The demon only wants to know you've been listening.

* Reinforce through affirmation

People often say that motivation doesn't last. Well, neither does bathing -- that's why we recommend it daily.

>>> Zig Ziglar, business coach and writer.

If I told you to sit on the side of your bed each morning after you wake up and say, 'Today I am going to get a serious illness', ten times over, you would think I have gone crazy.

Why wouldn't you do it? Because you are afraid it might come true.

So, if you believe in the power of words enough to not

Are You Flying to the Stars or Staring Into Space?

tell yourself negative things, how come you don't do the opposite? Are you afraid that good things might come true as well?

Reaffirming positives is immensely powerful. The old 'every day in every way I am getting better and better' may seem dated now, but the idea was sound. Instead, try this: before going to bed, pick something that you really want to achieve tomorrow. Write it down, in detail. Put it beside your bed. Before going to sleep, picture yourself having already done it. Feel how good you feel. Experience the warm emotions. Then, when you wake in the morning, read your notes over three times. Remember how good you felt dreaming that you have already completed the task.

Your motivation for the job will be sky high. And pretty soon, you'll be flying to the stars instead of staring into space.

Martin Avis is a management and training consultant. His free weekly newsletter, BizE-zine, is packed with articles, interviews and quotes to help you be the best in business or Internet marketing. <mailto:subscribe5@BizE-zine.com> or visit his information-packed website at <http://www.BizE-zine.com>

Support With Stars And Stripes

By Hallidae Thomason

It is a great thing to be proud of and grateful for the country you come from. It is an even greater thing, I submit, to show your pride and gratefulness in ways that are proactive and productive. One of the best ways that I, as an American, have decided to actively support my country is by displaying our nation's stars and stripes in every place that I can.

My country's flag, the stars and stripes, is perhaps the most American of all symbols we have. Among other things, houses, schools, businesses and even cars choose to show their support for America by displaying proudly the stars and stripes. You do not have to drive very far down any street or through any neighborhood in our country before you see a flag flying high in the wind.

There is something about the stars and stripes that makes people feel really American and reminds them about the sacred history of our nation. Most Americans cannot help but think of the great freedoms that our country enjoys and the sacrifices that have been made in order to attain that freedom with each sight of the stars and stripes they have. The stars and stripes remind Americans of the founding of our country, of the great Civil War that took place to bring freedom to many of our captives, and of the men and women who have spent their lives to preserve the lives of others.

Are You Flying to the Stars or Staring Into Space?

Not all Americans love the stars and stripes like I do. In fact, some people choose to harm and even burn the American flag in protest against the values or actions of our country. Often during times of war, for example, Americans can be found burning the stars and stripes to symbolize the way our country is being destroyed through war. Although in some ways burning a flag seems to go against everything that America stands for, in other ways this kind of protest is exactly what forms the substance of America: freedom. America is the kind of place where Americans can spend their life honoring and protecting the stars and stripes or harming and destroying the stars and stripes. Each response to our country's freedoms must be tolerated by the other.

There are many ways to show your support for the country you love. However, there are few ways as striking and memorable as displaying proudly the stars and stripes.

A long time history lover, Hallidae Thomason is an author about all things patriotic. Learn more about the stars and stripes of our great country by checking out



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are You Flying to the Stars or Staring Into Space?

