

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!

Five Easy Steps to Staying Motivated

By Chris Le Roy

Motivating yourself to excel at your job or to be an example to your employees, should not be

something you do only when the spirit moves you. It's an ongoing process that should include every facet of your business life. This means your mental attitude, physical well-being and appearance, work atmosphere, your interaction with others (clients and employees alike), and your off-the-job environment.

Motivational experts get paid big bucks to tell professionals, striving for success, that they must constantly examine these factors. How do you do that? Follow the 5 tips that follow, and watch the changes.

1. Maintain a Positive Attitude - Let's realize that life is only 10% of what happens to us and 90% how we react to it. We're responsible for our own actions and attitudes, and changing them when appropriate. When you're around people/things that are uplifting and positive, you feel that way. You have more confidence in yourself, and know you can change whatever needs changing. If you can make your workplace such a place you'll find happier workers and higher production. You might even find your employees look forward to coming to work!

2. Leave Personal Troubles Home – Everyone has problems, but they don't belong at work. Turn your attention and energy entirely to your on-the-job tasks. This will actually be good for you because you'll get a mental break from your troubles.

3. Create Positive Affirmations – The reason for writing goals for your business is the same as creating positive affirmations on paper. What your eyes see and ears hear, your mind will believe. Try it! After you've written them down, read them aloud to yourself - and do it every morning when you get into work. You'll be amazed at what happens. Come up with a set of new ones every month. Statements such as, "I'm an important and valuable person," or "I know I'll make good use of my time today." Repeating them out loud everyday at a set time will help reinforce positive actions.

4. Make Sure Break Times Are Really Break Times – This is an area where most bosses/entrepreneurs fall down. You become so intense about the project or situation you're working on that you don't ease up. Thinking that it'll be solved in the next few seconds, and then you'll get a

Five Easy Steps to Staying Motivated

cup of coffee can lead you right up to quitting time. Regularly adhering to a specified break schedule, even if you're the boss, releases the tension. If you work on a computer this is even a greater problem because before you realize it - you've been working in that same position for hours. The best answer to this is to set yourself a reminder on your appointment calendar for every 2 hours, and let the computer reminder chime send you the alert to move around.

5. Exercise, Exercise, Exercise – I know that lately it seems that "exercise" is the cure—all to every physical ailment or your love life, but despite that there is some truth to that ugly word. By "exercise" I don't mean that you should go out and join a gym and spend your lunch–time, 3–days–a–week there working out. What is really beneficial and workable is that at those chiming alerts from your computer, get up and walk around your desk or room. Maybe go outside and get the mail and enjoy the sunlight (if you're an entrepreneur that has a home office), or just get up and do a few stretches. Concentrated, tense thinking - typing – plotting plans – or whatever your work, makes all those muscles tighten up and knot up. Then when we move we "ooh" and "ouch" because we've knotted up into a ball of tension.

Periodic stretching, even at our desk, or just getting up and walking over to the window and getting a different view can help. One of the greatest disservice modern business décor has done to us, is making our offices pristine, sleek, unencumbered spaces. There is nothing more relaxing than getting up from your desk and walking over to a peaceful, serene, seascape or pastoral painting and just drinking it in visually. Momentarily transporting your mind out of work and into that place does wonders. A few good paintings and less shiny chrome in offices would benefit us all.

It only takes a little concentrated effort on our part to keep motivated and productive, which leads to success. I know you're going to hate hearing this, but it's true anyway - and that is, "WHEN LIFE GIVES YOUR LEMONS - MAKE LEMONADE!"

Scott has more information is available on creating success in your life, simply visit

Advanced Wealth

Planning Techniques

or for

Structured personal growth and development systems

and

How To Stay

Motivated

How to Stay Motivated Despite Negative People

Five Easy Steps to Staying Motivated

By Peter Murphy

Getting motivated is sometimes easy enough to do, at least for short periods of time, but staying motivated can be a lot harder to do.

And when you add into the mix the presence of negative people it is really not surprising that your motivation can fizzle out despite your best intentions.

What can you do?

1. Do Not Discuss Your Dreams with Negative People

Only share your hopes, dreams and goals with people who will be supportive of your plans. Making your dreams come true is like tending to a garden.

You have to give the plants the nutrients, water and sunlight they need to grow i.e. for you this means – the resources, mental focus and energy to create something new.

And you have to pay constant attention to weeding and eradicating bugs that will over run your garden if you are not vigilant. i.e. protect your dreams from negative people by not exposing your plans to their toxic words and thoughts.

2. When You Get Stuck Seek Advice from People Who Can Help

Very often when you get stuck you will turn to whoever is nearby for encouragement and advice. This can be a big mistake if that person has no vision and a limited sense of possibility.

Only ask for advice from people who are qualified to help you. When you act on good advice you know you are doing the right things and staying motivated will be easy.

Whereas when someone with no relevant knowledge or no sense of possibility advises you it makes sense to be unmotivated.

Why take action on bad advice? Why even try if that person cannot see things working out?

Avoid this negative world view by carefully deciding who to get advice from.

3. Switch Off Your Own Negative Thoughts

Negative thoughts can be like a virus that just keeps on spreading. If people around you are negative it is only normal for you to lose a little of your own enthusiasm and drive.

You may even start to have a few nagging negative thoughts of your own.

Be careful!

Five Easy Steps to Staying Motivated

One such negative thought leads to another, and another...

You need to switch off these negative thoughts ASAP or else your motivation will fizzle away to nothing.

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain lasting motivation. Apply now because it is available for a limited time only at:

<http://www.getmotivatedstaymotivated.com/special.htm>

peter1510@hotmail.com

How to Stay Motivated Despite Negative People

14 Reasons To Get Motivated And Stay Motivated

Imagine A Powerful Energizing Motivation Pill To Get You Almost Anything You Want In Life

Do You Have Staying Power?

How to Stay Motivated – Part 1

Coin Collector Software

Time Management Secrets

Motivate Your Way To Success

Script Jungle – You'll Get 10 Great Scripts With Resell Rights!

Instant Unzip Software



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!