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**Getting & Staying Motivated in Trying Times**

**By Terri Seymour**

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It has been awhile since the devastating attack on America, yet many people are having a hard time continuing with their daily life and work. I think about the attack and all the peoples' lives that were forever changed and torn apart and have a hard time also. It is a heavy load for us to deal with, but we must carry on the American dream and tradition.

There are many things we can do to help. Donations, volunteering, and giving our support are just a few ways to help. But we also must help America and keep her strong and brave! We can do this by keeping the economy going strong, continuing on with business and not letting the cowardly attackers get the best of the American people!

I am a member of many discussion lists and have read messages by several people who seem to be in a state of depression and lack of motivation that they cannot escape. I am hoping with this article to give some of these people the reason or motivation to go on with life and business.

If because of the attack on America or for some other reason you cannot get motivated enough, think about the questions and statements below.

What motivated you in the first place?

What were the reasons you first started your business? Do these reasons still apply. Think about why you got started and remember the motivation and excitement you had then. Use that to

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get going today!

Are you still passionate about your business?

You chose your business because you had a passion for it, right? Is that passion still there? Take another look at your business and what brings out that passion. You will probably find that it is still there waiting for you!

What will be gained or solved by not working?

Think about what will happen if you let your work go and your

business die. What will be gained? Will you have helped the people affected by the tragedy? NO Will you have helped America? NO Will you have helped yourself or your family? NO! If you DO get back to work and grow your business you will have helped America, your family and yourself.

Does your work make you happy and proud?

How do you feel when you accomplish something in your work and/or business? Does it make you feel proud, happy, self-confident and self-reliant? These are feelings that you want to hold onto and working will help you keep these feelings!

Do you feel better about yourself because of your work?

The feelings you get when you bring your business to life make you feel good about yourself. Not doing anything and being unmotivated will not make you feel good about yourself and will just bring you down. It will also bring down the ones you love!

What does your work do for your family?

Your work is also important to your family. Income aside, the way you feel about yourself because of your business and/or work has a direct affect on how you treat your family and how they can relate to you. If you are happy, self-confident and feeling good your loved ones will be much happier and feeling good as well!

Think about all these reasons to carry on and I think your motivation will pick up enough to get back to business. Once back in business, you will be motivated even more.

If you are still having trouble, visit this site for guidance:

<http://www.helping.com>

Not only are there links (towards the bottom) for helping people to cope after such a tragedy, but there are links for you to offer help or donations, which can be helpful to you as well. There is also a link for support groups, prayer groups and much more.

I hope I have helped you see some of the reasons that it is important to keep going and proceed with our daily lives. America will overcome and we can all help her remain strong!

Terri Seymour owns and operates MyOwnEzine.com. MyOwnEzine.com is a website, ezine and service which provides the resources, tools, guidance and more to help you start, publish and promote your own ezine. You can contact Terri at <mailto:ter02@newnorth.net>. Subscribe at <mailto:subscribe@myownezine.com> or visit <http://www.myownezine.com> for lots more info.

### **How to Stay Motivated Despite Negative People**

**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**

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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!

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:

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