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How to Stay Motivated in Hard Times

By Susan Dunn

How to Stay Motivated in Hard Times by Susan Dunn, The EQ Coach

A few years ago, psychologist Al Siebert, who's studied resilience and is the author of "The Survivor Personality: Why Some People Are Stronger, Smarter and More Skillful at Handling Life's Difficulties" (<http://www.amazon.com/exec/obidos/ASIN/0399522301/susandunnmome-20>), wrote an article for a disabilities' website.

I saved it because I think it applies to all of us.

Here are some of the tips he gave:

- "Stay connected. Decide you want to connect well with others." Research has proven the isolation is more detrimental to our wellness than high blood pressure, obesity or smoking. Connect. Coaches can help you with this and be one of the connections.
- "If you have a "victim" habit pattern, replace it with one that gets you what you want."
- "Learn to tell your survivor story so it helps and inspires others. Don't be an emotional crybaby."

I have been more inspired by the other people's "survivor" stories than by anything else in my life. We need desperately to learn from survivors, because we all have our crosses to bear, and because we never know what the future will bring.

When I'm down I think of Churchill and Roosevelt, two disabled people who led the Allies in a difficult time. I don't think it was an accident that they were the leaders at that time. Both knew resilience because of their personal tribulations – Roosevelt being paralyzed from the waist down, and Churchill having his "black dog," his lifelong depression.

Roosevelt told the nation "The only thing we have to fear is fear itself," and because he'd been there, we listened. Churchill gave us "Never give up. Never, never, never, never."

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·"Ask for what you want from others. Thank them if they respond." This is so gently put. When we can reach that state of acceptance – of "possibilities" without "expectations," our lives go so much better.

·"Replace constant preoccupation with yourself by increasing empathy for others. This includes knowing what it's like for people to be around you."

I was marketing a church at one time and worked closely with the minister. There was a woman who had been in a car accident which paralyzed her from the waist down, and killed her father and brother. Her way back to wellness was a long one, a struggle we all watched with agony and what support we could give. At one crucial point the minister told me it was "time." He was going to "sentence her" to become a Big Sister for a solid year.

Get it?

·"Look for the meaning in your experience as Victor Frankl did, a holocaust survivor". If you don't know his story, look here.

(<http://www.geocities.com/~webwinds/frankl/frankl.htm>) Frankl's prime inspiration for existing in the death camp was Nietzsche's statement, "That which does not kill me makes me stronger."

Self-esteem, says Siebert, is how you feel about yourself, and what determines how much you LEARN after something goes wrong. It acts as a buffer against "the slings and arrows of fortune."

And while, we're there, we know that few have been or will be as eloquent as Shakespeare. This he said about adversity:

Sweet are the uses of adversity,
Which like the toad, ugly and venomous,
Wears yet a precious jewel in his head;
And this our life, exempt from public haunt,
Finds tongues in trees, books in the running brooks,
Sermons in stones, and good in every thing.
— William Shakespeare, "As You Like It."

Sweet ARE the uses of adversity, if we hang in there, keep learning, stay connected, retain our faith in the future, and learn from the experiences of others.

(c)Susan Dunn, The EQ Coach, offers positive psychology coaching and Internet courses on emotional intelligence, optimism and strengths. Visit her on the web at www.susandunn.cc and <mailto:sdunn@susandunn.cc> for FREE inspirational ezine, FREE Strengths course.

14 Reasons To Get Motivated And Stay Motivated

By Peter Murphy

How to Stay Motivated in Hard Times

Why should you bother to spend your valuable time to learn how to get motivated and stay motivated?

Here's why.

Your quality of life will change dramatically when you take charge of how motivated you feel in any given moment.

Family and friends will respect you more and see you in a whole new light. And deadline frenzy will be a thing of the past.

There are several good reasons to learn the secrets to getting motivated and staying motivated.

What Learning How To Get Motivated And Stay Motivated Can Do For You

1. Earn the respect of your boss and colleagues. As a dependable and productive member of the team people will appreciate you and seek your valuable advice on important matters.
2. Understand what motivates you and enjoy greater success. When you discover your unique motivation blueprint getting ahead will never be a mystery again. You can fire up your motivation engine whenever you choose to.
3. Save money by getting things done on time. You will eliminate those late fees, fines and charges that procrastinators waste their hard earned money on.
4. Enjoy a more harmonious home life. Imagine hearing praise and gratitude for all the little things you get done around the house. You will enjoy a satisfying feeling of accomplishment at the end of each evening.
5. Feel in charge of you life. As you get more done with ease you will have order where you used to have chaos. You will know what you want and feel compelled to move ahead and get it.
6. Start new projects with enthusiasm and stay motivated over time. When you can see things through to completion you will have renewed confidence in your ability to succeed.
7. Stay motivated in the face of challenges and negative people. Setbacks and unsupportive colleagues or friends will make you even more determined when you know how to stay motivated.
8. Avoid the criticism, endless nagging and moaning of those around you. When you easily and effortlessly get things done you give people little reason to criticize you. In fact they are likely to give you more freedom to do things your way.
9. Stop things getting any worse. When you know how to be highly motivated in a matter of seconds, you can turn around situations you have neglected in the past.
10. Develop leadership skills and positively affect those around you. Your drive and enthusiasm will

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touch everyone you deal with. People will turn to you for leadership and guidance.

11. Eliminate problems while they are small. You will deal with potential problems and concerns sooner rather than later. This habit alone will put you back in control.

12. Put an end to regrets. Become the kind of person who jumps on opportunities. And enjoy the excitement and passion you feel when you are giving 100%.

13. Move ahead quickly in your career. When you can calmly and efficiently get your work done, you position yourself for more responsibility and a higher salary.

14. Feel fantastic about yourself. As a motivated self-starter your self-esteem will soar. You will accomplish much more, have greater success and live a full life.

Motivation is an essential life skill and you can discover how to be motivated and stay motivated.

Although some lucky people seem to be born highly motivated, if you are of at least average intelligence you can learn how to be motivated. No matter how unmotivated you have been up to now.

The secret to being motivated is to discover the motivation blueprint that is right for you.

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:

14 Reasons To Get Motivated And Stay Motivated

How to Stay Motivated – Part 1

How to Get Motivated and Have Industrial Strength Self-Motivation

How to Stay Motivated Despite Negative People

The Secret To Life Long Success And Fulfillment

Coin Collector Software

Time Management Secrets

101 tips to stay fit and live longer.

Motivate Your Way To Success

Help Your Child Succeed In School



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