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

**Motivation**

**By Michelle Zelig Pourau of Personal Power International**

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Motivation.... What a huge topic. Where do we start? I am sure many of you have read articles on motivation. Ideally, your dreams and your goals should be your motivation - but what happens is often, our dreams seems something distant in the future and today possibly a very long way away. One great way of solving this and avoiding losing motivation is to set a number of smaller, realistic goals. It is like if you were to climb Mount Everest – you cannot do that in one giant step. It involves a lot of smaller steps, booking your trip, getting to Kathmandu, getting your supplies, your food, getting to the start of the climb, getting to base camp, climatizing, etc etc etc ..... you get the picture.

To avoid motivation slumps, set smaller goals you can cross off on the way. Working with a Life Coach will help you as you have actions to accomplish every week until your goal has been achieved and you set your next one.

Some other tips to help you get motivated are:

Ølook for success stories - reading about others who have found happiness can help you get more motivated

Øfind out what you enjoy and what you are great at. Once you have discovered this - you become more motivated to continue and to grow

**TIP OF THE DAY**

One way to improve your motivation – try doing everything you do today 1% better. One percent is not much. What would this look like? How much more productive would you be? What would 1% better in your job mean? What would your diet be like? What would it be like if you were 1% better in your relationships? If you put in 1% more effort, listened 1% better to your spouse or your children?

My challenge for you - be 1% better for a day.

My stretch goal for you would be to be 1% better for a week. Are you willing to take on this challenge?

Feel free to email me with changes you have noticed by being 1% better

To find out about Michelle's teleclasses and either group or individual coaching, or to subscribe to "Finding Your Personal Power" please send an email to [coach@personalpowerinternational.com](mailto:coach@personalpowerinternational.com)

Michelle is an experienced Personal/Life & business coach. She has been coaching since 1992 and coaches people throughout the world. She was a past President of the International Coach federation for 16 months. Michelle is passionate about helping people find their personal power. Her favourite quote is "achieving starts with believing"

## **Are You in Touch With Your Inner "M"?**

**By Donna Monday**

"M" is for Motivation.

What motivates you to do a good job?

Is it a sense of achievement?

Recognition for a job well done?

Helping people?

Desire for responsibility?

Solving problems?

Making more money?

You should give some thought to what motivates you to do your job better and allows you to feel a real sense of job satisfaction. Motivation is one of those thought-provoking questions that some interviewers may ask you while you're interviewing for a job. Be prepared to answer the question:

What motivates you?

Prepare for this challenging question in advance so you won't ramble if asked. Having a motivated employee may be one of the qualities an interviewer wants to see during the interview, so think about the times you really felt enthusiastic and/or energized at work. What made you feel that way?

That's your motivation.

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Donna Monday

Get Hired Now! Use These Online Interview Tips

Are You in Touch With Your Inner "M"?

The Real Tips For Marathon Training

## Motivation

Motivation – The Driving Force In All Of Us

Imagine A Powerful Energizing Motivation Pill To Get You Almost Anything You Want In Life  
Helping You Perform Better With Hypnotherapy For Motivation

Motivate Your Way To Success

Mind Power Creative Thinking

One Million a Year

GUERRILLA MARKETING Volume 1

GUERRILLA MARKETING Volume 2



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