

Motivation: Why do you want to do it anyway?

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!

Motivation: Why do you want to do it anyway?

By Darryn Aldridge

Motivation: Why do you want to do it anyway? by Darryn Aldridge

Finding the right motivation for any goal we take on in life, will greatly enhance the chances of us actually succeeding and completing the goal successfully.

Very often we decide that we need to lose weight , but don't really give ourselves a very good reason for doing so, and as such, we don't take on the task with the gusto and commitment that it really needs for us to see it through.

By sitting down and giving some serious thought to why you want to lose weight, it will take you a long way towards you actually meeting your expectations, and succeeding in your attempts.

Here are some questions you may wish to consider:

1. Healthier lifestyle: How does not being able to participate in events, play with the children or get about with your friends make you feel? Wouldn't you like to be the one that is able to get out and do all the things that this world has to offer?

2. Family concerns: Your family is in as much danger as you. Your habits will be passed on to your children, as will the health issues that are associated with being overweight. You must also consider how your condition is affecting the whole family, and how any health issues will impact the family as a whole. I'm sure as a parent you will want the very best for your children. You need to ask yourself if you are setting a good example for them.

Motivation: Why do you want to do it anyway?

3. Personal Satisfaction: While we don't necessarily need to look like a model, we do tend to feel better about ourselves when we have a better self image of ourselves. Being physically happy will help you to be mentally happy also. Imagine yourself wearing your dream outfit or performing an activity you are no longer able to do in your present state. Imagine how good that will make you feel.

4. Medical necessity: What is the cost to your health medically if you are unfit and overweight? The statistics are mounting up concerning the diseases and health issues that are now prevalent in our society due to the epidemic of an over-weight and obese society. Do you really want to die earlier than is necessary, or become a burden to your family? Just the monetary costs alone can be crippling to a lot of households, and many could use that money for other commitments in life. Can you afford it?

As you can see, once we have clearly defined purposes for wanting to lose weight, we can now use these reasons as a major part of our motivation to seeing it through. You must now take all this motivation you have gathered and start to develop a real Can Do attitude. By "Can Do", I mean you must totally believe that you will be able to achieve your goal, and live that goal for the rest of your life. Without this total belief in yourself, your task will become so much harder and you may find that you fall off the rails and revert back to the old habits that you are used to.

So, have you got the right stuff to see this through?

Only you can honestly answer this question, and only after you have gone through the previous steps will you start to discover if you are on a weight program for the right motivating reasons, or whether it is just a whim that is destined for failure.

Darryn Aldridge is the co-author of a step-by-step, "tell it and show it how it is" guide to permanently losing weight and keeping it off forever! Visit his web site at <http://www.diet-ebook.com> and sign up for a free weekly newsletter, filled with helpful tips and useful information.

Are You in Touch With Your Inner "M"?

By Donna Monday

"M" is for Motivation.

What motivates you to do a good job?

Motivation: Why do you want to do it anyway?

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.

Copyright 2004

Donna Monday

Get Hired Now! Use These Online Interview Tips

Are You in Touch With Your Inner "M"?

Motivation

The Real Tips For Marathon Training

Motivation – The Driving Force In All Of Us

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

Motivate Your Way To Success

Mind Power Creative Thinking

One Million a Year

GUERRILLA MARKETING Volume 1

GUERRILLA MARKETING Volume 2

Motivation: Why do you want to do it anyway?



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!