

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Regain Your Motivation**

**By Wendy Hearn**

**Regain Your Motivation by Wendy Hearn**

Do you feel your motivation has diminished recently? Or do you feel at the moment that it's gone completely? Do you wonder how you'll ever get it back?

It often happens that many people find their motivation decreasing or disappearing altogether. When this happens you tend to feel stuck and you're not really moving forward. You may feel frustrated because you're not making any progress. Seeing yourself making progress is one way to be motivated. But if that's not there, it becomes a vicious circle, because when you're not making progress, you don't feel motivated and vice versa.

When you want to increase your motivation, it's worth remembering that there's a difference between it and inspiration. Motivation is an external source which encourages you and gives you ideas. Inspiration comes from within and the encouragement and ideas are your own. When it comes from within, you own it and will feel inspired. When you feel inspired you'll take action and taking action is the key to achieving what you want, whether it's increasing your business, making changes in your life or progressing towards your dreams.

So, we're really looking to increase your inspiration here and not necessarily just to motivate you. I've found that people's inspiration drops when they've been doing the same thing over and over again for some time. You may feel you're stuck in a rut; it's become a bit of a drag. If

## Regain Your Motivation

you're feeling this way, it's no wonder your inspiration has decided to 'wander off'.

Sometimes you just need to take a break or have a rest from what you're doing and your inspiration may well come back. This break also allows you to re-assess what you've been doing and not doing. Perhaps then you'll see there are some changes you want to make, perhaps deciding to implement a different strategy or action plan.

Taking a break will mean different things to different people and you need to determine for yourself what this

break will be. Perhaps, you'll decide take a day or a week off work, to play and have fun. Or you may decide to go for a brisk walk. I'm even inclined to suggest to you that, while taking this break, you tell yourself that you're not allowed to do or think about anything related to work or whatever it is that you're taking a break from. It's surprising how much most of us react to being told we can't do or have something. The rebellious part of us often surfaces and wants to fight it.

Taking a break from whatever it is you've been doing will probably make you feel apprehensive. All your fears about how much you have to get done, you're wasting time, what if I don't want to go back to doing this, are likely to surface. It's a natural reaction, but the fear is usually much worse than the reality. You need to trust yourself, face up to the fears and know that you can handle any situation.

After a break, you'll feel refreshed and when you feel refreshed, your enthusiasm and inspiration will return. Then, you'll be ready to start moving forward again.

What I want for you is to take a break and allow your inspiration and desire for life and business to return to you naturally.

Wendy Hearn Personal and Professional Coach She works with business owners, professionals, executives and managers who are ready to enrich their lives. . . finding more success, fun, balance, joy and time. She coaches one-to-one with individuals and groups by telephone and email.<http://www.Business-Personal-Coaching.com>

## **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.

Copyright 2004

Donna Monday

Get Hired Now! Use These Online Interview Tips

Are You in Touch With Your Inner "M"?

Motivation

Dealing with Mr.Charisma

Motivation: Keeping the Fire Going in Your Fat Loss Plan

The Real Tips For Marathon Training

Motivate Your Way To Success

Mind Power Creative Thinking

One Million a Year  
GUERRILLA MARKETING Volume 1  
GUERRILLA MARKETING Volume 2



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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