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Staying Motivationally Nourished

By David DeFord

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Motivation is very much like our bodies—without consistent nourishment it dies. We must see that we consistently feed our motivation with uplifting material and people. Dr. Stephen Covey calls it "sharpening the saw." Taking the time to sharpen the saw increases our productivity and eases the effort. By doing so, we can continuously make progress toward goal achievement.

This nourishment can take many forms:

- Books
- Articles
- Websites
- E-zines
- Discussion groups and forums
- Audio programs
- Live seminars
- Tele-seminars

Just as you should eat a balanced diet, so you should nourish yourself with a variety of sources for motivational energy. At the end of this chapter, I have provided links to some of my favorite authors and resources.

Books

For hundreds of years, books have brought inspiration and instruction to billions. Those who live the "TV existence" vegetate their way around wonderful inspiration. Books teach us, inspire us, entertain us, and can build in us the passion we need to nail our goals.

If we obtain and study books that help us lift ourselves and build our skills, we position ourselves to achieve the greatness we seek. Every author has his own perspective. By reading a variety of subjects and authors, we can take from each the teachings that apply to ourselves.

For me, books represent my favorite means for nourishment.

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We now have the added opportunity to obtain eBooks. We can purchase these books online and immediately download them onto our own computers. Some can then be loaded onto our PDA's for portability. You may wish to read eBooks directly from your monitor, or you may choose to print them out and read them.

Articles

Magazine articles can provide you with good motivational nourishment on a single subject. Often, these articles point you to resources available from various sources.

Website

No matter the subject, there are probably hundreds if not thousands of websites covering it. Most of

these provide the information to you at no charge. Some websites provide premium memberships that give you access to more detailed information. Most often, the site will point you to resources you can purchase. Either, the site allows you to purchase the resources at their site, or they link you to an affiliate site that pays them for the referral.

Websites can be excellent sources of motivational nourishment. Find a few that you trust, and return to them often. Every few months, search around for additional sites.

Subscribe to one or two. It will only cost you a few dollars a year, and will give you access to hundreds of articles on a variety of subjects.

E-zines

Want a regular infusion of energy and information? Subscribe to a few e-zines. These publications come to you via email at no charge. Many of them are well-written and insightful. They feature an article or two in each issue, as well as inspirational quotes and stories. And, like websites, they offer resources for purchase.

Select three or four, and read them when they come. It may take you ten to fifteen minutes to read them, but they can provide you with the energy infusion you need to keep focused on your goals.

Of course I am partial to Ordinary People Can Win. And I hope you are benefiting for subscribing to and reading it.

Discussion Groups or Forums

You can link up with like-minded people who are working to nail their goals, just like you. In discussion groups, participants "chat" with each other, propping each other up, and providing encouragement. To join the discussion you send an email with your comments to an email address that forwards it to all members of the group.

From these groups, you can often get ideas for moving past roadblocks to your progress. But pick them carefully—some discussion groups can fill your inbox with dozens of emails filled with nothing but idle chatter.

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Another discussion option is the forum. When you join these groups, you go to a website that hosts the discussion. You see the comments of others on the webpage, and can add your thoughts as well.

The advantage of the forum over the discussion group is that you can choose whether to participate or not. You take the active step of going to the website, rather than receiving dozens of emails. Of course, most discussion groups give you the option to receive a daily digest—one email that has all of the responses for the entire day.

In spite of the potential for discussions on useless froth, discussion groups and forums can provide you with help in keeping yourself on track.

Audio Programs

Many personal development authors are also very accomplished speakers. Their programs are captured on cassette or CD for you to enjoy at your convenience. Listening to audio programs during your work commute provides a wonderful respite from talk radio and the news. They fill that windshield time with uplifting ideas. As with books, websites, and other resources, listen to a variety of them,

rather than finding one personality you like and sticking with him or her.

Live Seminars

Most of the audio programs discussed above are recordings of live seminars. Occasionally, you would do well to attend one of these events. These speakers transfer their highly-charged energy to the audience—providing them with insight and motivation.

This alternative can be quite expensive, so brace yourself. I have provided some of the best at the end.

Tele-seminars

Many personal development specialists, authors, website and e-zine owners provide tele-seminars at little or no cost. You register for the seminar, receive the phone number and access code, and join with hundreds of others in hearing speakers or panels discuss pertinent topics.

If you get the chance, join some of these. The speakers often open the lines for questions at the end of their presentations. They usually make their money by pointing you to their websites where they are featuring a special offer for those who participated.

David DeFord is the owner of Ordinary People Can Win, a personal development company dedicated to helping ordinary people achieve extraordinary success in all areas of their lives. See his website at <http://www.OrdinaryPeopleCanWin.com> and subscribe to his free weekly e-zine. His new e-book, *Ordinary People Can Achieve the Extraordinary—A Practical Guide to Goal Achievement*, is available at <http://www.OrdinaryPeopleCanWin.com/extraordinaryachieve.htm>

Do You Have Staying Power?

By Nicholas Dixon

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If you are going through hell , keep on going – Sir Winston Churchill

Staying Power. Some of you may know that record by the late Barry White. On that track, he was talking about his love making abilities and his prowess at it.

That is not what this article is about. It is about that trait that sets successful people apart from the failures, whether it is in business or in marriage.

How does staying power relate to online marketing ? It is a fact that successful marketers have that ability. For them, it is simply a matter of sticking around when things don't work out the way they want it to.

Staying Power. Abraham Lincoln, Winston Churchill and many other great men and women all had it. It was that ability which made them different from being simple dreamers and wishers.

They had to have it to make their dreams and aspirations become a reality. This is the kind of attitude that we all need to have. Some people are born that way and luckily for the rest of us, it can be learnt.

Staying power requires persistence, consistency and a never say die attitude. With practice one can develop their staying power in any area of life they are engaged.

If you are serious about making your business and personal endeavors survive the long haul, start by thinking about ways you can develop your staying power. It really works !

You don't have to take my word for it. Next time you happen to see Oprah Winfrey, Bill Gates or Arnold Schwarzenegger ask them. Their answer would not be far from what I expected.

To your success and mine..... ,

Nicholas

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Nicholas Dixon is the CEO/Webmaster of Oceanroc Web Consulting. Visit our award winning website and subscribe to The Roc newsletter.

Do You Have Staying Power?
Want Healthy Glowing Skin?
Nurture positive thoughts
2003... Got Goals?
God Already Has Your Ice Cream Cone

Script Jungle – You'll Get 10 Great Scripts With Resell Rights!
Carefully Crafted Sales Emails And Web Copy

Traffic Boost News Ticker
Travel Cheap! Travel Well!



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