

MOTIVATION

Describes the factors within individuals that stimulate and channel behaviours towards achieving set goals and desired outcomes

The Key to Living Your Dream



Whether you love it or hate it, watch it or not, just about all of us have heard of 'the *X factor*'. That extra something the judges are looking for to propel some one to stardom.

While this show is just for singing wannabees, we all have our secret dreams and ambitions that we often don't achieve for one reason or another. But, what if we had '*the X factor*', that wonderful ingredient that propelled us forward towards success.

Well there is excellent news, *you have your own X factor*, motivation is your X factor, your very own secret weapon to success. You *can* be highly motivated and achieve all you want, and bring balance and harmony into your life.

All change begins with making a decision and once the decision is made you can make dreams reality.

Interestingly, your greatest opponent is you. Once you start to think of all the things you can do, your inner critic will pop up providing you with all of the reasons and excuses why you can't. Your own self-talk* will do more to damage your confidence and self-esteem than anything or anybody else. You take your self into the past to produce evidence of things you have 'tried' before that haven't worked, or you take a quantum leap into the future and 'visualise' a reality where you will not succeed.

Today is the perfect day for change.....

A single step in the right direction is all it takes. Every person who has ever achieved anything has started with a single step; you are no different.

Have you been struggling to fit in, worrying about whether you made the right choices or decisions, or even contemplating giving up, today is the day you take your first step in deciding what it is you want, and how you are going to get it.....

No more putting off doing things, today is the perfect day for change....

Think about why you put things off, usually because you are afraid of what might happen. You create a negative reality just thinking about it.

How would it be if you were to create a positive reality instead? Banish your inner critic, stay in the present and be motivated to succeed now. See yourself succeeding, mastering new skills, embracing change, enjoying challenges, conquering fears, making new friends, enjoying your life and feeling good about who you are; that is a more enriching experience.

Visualise your achievements and feel the positive feelings that go with being successful. Everyone can visualise; some do it in glorious Technicolor, others get impressions, feelings, sounds, colours. Whatever you get is right for you, so use your imagination to 'see' yourself in a positive light, overcoming the challenges that are holding you back.

Your imagination is an extremely powerful tool and used creatively can support you in achieving positive outcomes. The mind does not know the difference between thought and actual event so by visualising yourself achieving your goal and 'seeing' a positive outcome is an effective technique that evokes feelings of confidence.

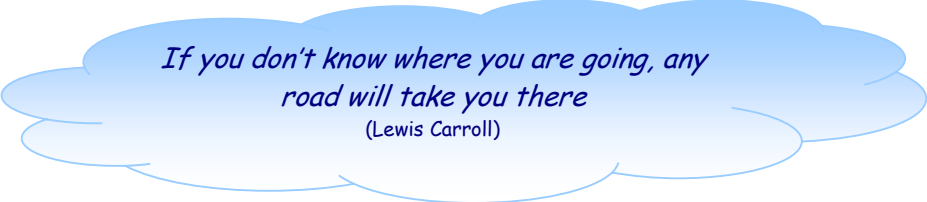
You know yourself better than anyone else does, so you will know the things that have prevented you from achieving your goals in the past. The excuses you use, the tactics you adopt that mean you give up. When you catch yourself using an excuse or a tactic that will prevent you from continuing, write it down on the left hand side of a piece of paper; on the right hand side write down three good reasons that will invalidate your excuse and keep you motivated to continue. If you find yourself using this excuse again, look at your good reasons list until you eradicate the excuse completely. Use this technique each time it happens.

Just do it, as the saying goes, believe in yourself and your ability to be resourceful; use your inner power to keep yourself focussed. We all create our own reality by how we think, feel and behave. We do this in the here and now, moment to moment. We make our choices and decisions in the present; so, choose to embrace the present remembering that all it takes is a single step to move forward into the future you want.

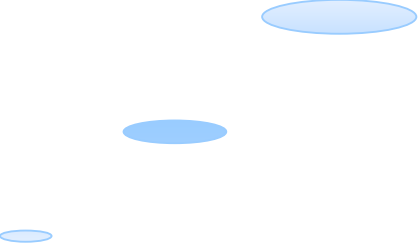
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You can do it; it is within your reach, believe in yourself. Motivation is the X factor; you have the X factor, so - trust, and start living your life by making each moment count towards a life for yourself that you truly love.

Today is the perfect day for change.....



*If you don't know where you are going, any
road will take you there*
(Lewis Carroll)



*Self-talk: Any self-statement or thought.
The constant conversation (chatter) that goes on in your head
(my head and everyone else's!) that is both positive and negative