



Find, create, and harness your inner motivation.

Introduction

Every single one of us has the power within our own body and mind to create the motivation needed in order to change for the better, to reach our goals, and ultimately enhance our quality of life. Finding that power inside of us and learning how to apply it to everyday life is an invaluable aid in getting the most out of life itself and making our dreams a reality. After all, don't we all want the most out of life? Of course we do, as most of us only have one life to live, so why not make it as enjoyable, exciting, successful and happy as possible?

For many of us, even though we want to accomplish particular goals in our lives, finding and harnessing the necessary amount of motivation to do so is what holds us back from ever achieving those goals. Motivation, if generated and sustained properly, is a powerful force, which can drive you to reach your goals in an optimistic way. However, during those times when you lack positive motivation, it can seem that no matter how hard you try, that it is nearly impossible to muster up enough positive energy to pull yourself out of that negative hole and get pushed upwards on the motivational stairway to success. It is probably safe to say that most people have felt the draining affects of low self motivation at least once throughout their lives, if not numerous times. Personally, I too have felt this way before, and that is why I have written this book, to share with you what it takes to find, utilize and maintain a high amount of motivation within your own body and mind, in order to create newfound and continued success in your life.

Read onward to learn how setting aside a few moments out of your busy life for yourself can equate to a life-changing experience that will allow you to find, generate and build upon your own motivation using the power of your mind and body.

Table Of Contents

Introduction

About The Author

Chapter 1 – Finding And Creating YOUR Motivation Within To Establish A Plan Of Attack – It All Starts With Your Mind

Chapter 2 – Executing Your Plan – Small Steps Towards Big Goals

Chapter 3 – Using Your Achievements To Further Propel Your Motivation

Chapter 4 – Surrounding Yourself With The Right People To Reach Your Goals

Chapter 5 – Positive Imagery And Visualization – What It Is - How And When To Use It

Chapter 6 – Connecting Your Body and Mind For Ultimate Success

Chapter 7 – Harnessing Your Inner Motivation

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