

# The Basics of Motivation That You Can Benefit From Starting Today

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I hope you enjoy this special report!

Scott Allen Barker

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## How to Motivate Yourself Forever

Author: Daegan Smith <http://www.comlev.com>

Just as willpower is an essential factor in achieving success, at some point in time, discouragement and lack of motivation may hinder you from reaching your goal. And it is up to you, and you alone to devise techniques that will help you keep that drive within ablaze.

It is helpful to have visual goals. Whatever that is you are working towards, make it visual. It maybe something material like a car, or a vacation you have been looking forward to for the longest time. Take or cut out a picture of it and post it at a conspicuous place at work or at home where you can see it often. So that when you feel discouraged, this will remind you of your goal and will help you keep your focus.

Make a contract with oneself. According to motivational researches, people who write down to-do-lists are far more successful in achieving their intended goals than those people who just keep mental lists instead. Putting something in writing somehow makes it more powerful psychologically speaking. This may also be the reason why most cultures have such a high regard in honoring contracts. In the contract, you may also include a certain reward that you will give yourself once you have accomplished the task. After all, everyone likes to be rewarded for completing a good job. Even a simple pat on the back, "good job", or "thank you" may do the trick to give the person the extra push to carry on, but unfortunately, these may not always be readily available. Considering that these are also essential in keeping oneself motivated, you must learn to find a way to get that encouragement on your own through rewarding yourself.

Abusive people lower your self-esteem and bring you down. Get these negative people out of your life. Surround yourself with positive people. Emulate their example. Smile amply and think happy thoughts. These will give you a brighter outlook and lets you see a clearer picture of what you really want and a fresh mind to know what steps to take to get there. Rather than wait for things to happen, try to be proactive and MAKE THINGS HAPPEN. Inactivity idles the brain and stagnates your potential to achieve your goals.

Read inspirational books and literature. These will help you improve your attitude and heal your mind. A book of success stories also proves to be encouraging. You will not only learn from others' experiences and derive confidence boosting insights from them but the story will be instrumental in motivating you to go for your goal and move ahead with your plans. If this still seems to falter, get training or education. Oftentimes, not knowing how or where to start is frustrating. Knowledge is power. Having a clear understanding of how and where to start is empowering and it will provide the extra drive needed to hit the mark you are aiming at and follow it through.

Having enumerated all these tips and tricks to attaining self-motivation, but still you seem to feel lacking that much needed drive, there is one last thing that you must try. Whatever it is that you have been meaning to do, or wanting to achieve, JUST DO IT! Keep on aiming high and go for it! Actually getting your hands dirty best solves the problem of motivation. By "forcing" yourself to just do it, your momentum will pick up slowly as you go along and before you know it you have finished the task or have finally achieved your goal. Divide and conquer is the key. Break down the seemingly unsurmountable undertaking to small doable steps. Not only does it become less overwhelming, but seeing the "in the meantime" results will further your confidence that it can indeed be done.

Lack of motivation happens to us all, but if you do not encourage yourself to accept opportunities and be challenged, no one else will. It is most important to keep your eye on the goal, find ways to keep going, and in no time, you shall reap its benefits. And if at the beginning you were just doing it for the material reward, you will also learn to realize that the fulfillment, satisfaction and self-achievement you derive from reaching your goal is a much pleasurable high that will keep the drive within continually burning.

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## **Self Improvement Advice: Meditation**

By: Scott Allen Barker

There are particular moments in life that when you wish you could depend on other's self improvement advice. But even if they gave it to you with the best intentions, in case anything goes wrong, you are always going to blame them.

That is why specialists strongly advise you, every time you find yourself at a crossroads, to always take the decisions by yourself.

The question arising is: how can we know how to take it and which is the best

solution?

No matter how young or old you are, you will get to a point in your life when you have to make a big decision, which will probably affect your entire life.

There is no doubt that there are certain moments in life when you feel helpless and disoriented and believe you could use some self improvement advice in order to figure out how to proceed with your life.

The answer is never simple. However, there is one self improvement advice that can be of great help, and if employed regularly, it will have great results.

It is called meditation and it has been used for centuries in certain rituals and by ancient civilizations. Even in old and famous books like the Bible, people are invited to meditate, to discover and fight the evil in us, and the knowledge to gain control over our decisions and our lives.

How do we proceed when meditating?

First of all, you need to be away from any source of distraction. You cannot analyze your deepest feelings and thoughts and watch a movie at the same time.

Secondly, you need to ask yourself a series of questions that will help you to better determine who you really are. The questions should relate to everyday aspects.

- \* What do you like doing?
- \* What made you most proud of yourself during your entire life?
- \* What is it that you always wanted to do and you never found the time?
- \* What role does money play in your life?
- \* What is it more important for you, your family life or your career?
- \* How much do you depend on others?

If you are worried about a certain decision, let all the questions be related to that issue. If you are just confused when asking the questions, think about the common topics that one has to deal with during his life.

Do not forget to write down the answers. Try to concentrate and to be sincere. After all, nobody will judge you.

All these questions will help you determine exactly where you stand for and what is it that you want from life. All you have to do is to get the right interpretation of your own answers.

In order to do that, help yourself to a cup of tea or your favorite coffee, and take the time to analyze your answers thoroughly. Mark with a red pen whatever you find the answers that make you proud, and with a black one the things that do not make you proud.

Post the list somewhere where you can see it more than once a day, or post it in more than one place.

You will notice that, step by step, even unwillingly, the black things on your list will start turning red. Do not forget to renew the list when most of it has turned

red! It is the best way to always be aware what your expectations from life are. Take this simple self improvement advice and see the positive results for yourself.

## What Innovation Can Do to Your Life

By: Scott Allen Barker

It's a talent that everyone has, yet they think they don't. The power of innovation. If you've ever marveled at somebody's creative prowess, you can also create and innovate. It just takes time. Everyone is born creative. The box of crayons in kindergarten were not limited to those who possessed potential; because the truth is, everybody has potential.

You know how long it took to learn to ride a bike or drive or to never commit the same mistake again? It's the same with innovation. It takes a bit of practice and a lot of time before this mind function comes easily when called. This article will teach you a few tips on how to bring innovation into your life.

\* Don't listen to what other people say. Follow the beat of your own drum. Allowing for the input of other people will only bring cacophony to the music you are trying to make. If you have an original idea, don't waste your time and effort trying to make people understand. They won't. And the help you will probably get comes in the form of negative feedback. If all those geniuses listened to their peers, we would probably still be living in the middle ages.

\* Spend time on it. I cannot stress that enough, although, please do not mistake this tip to tell you to quit your day job entirely. Do not. This involves some tricky time management but with a little discipline you'll be able to squeeze both in.

\* Exercise. Take a walk. Run a mile or two. Send all those endorphins coursing through your veins. Exercising certainly clears and relaxes your mind and allows for anything to pop up.

\* Record your dreams. Aren't some of them just the craziest things that your conscious mind would never have thought of? If you've had these dreams before, and I sure have, this only shows you the untapped innovative power you have lying within you. So jot down those notes. Those dreams may just create an innovative spark in you.

\* Find your own style. You can always tell a Van Gogh from a Matisse. You'll know Hemingway wrote something by the choice of words on the paper. So it is the same with you. People will appreciate your innovation more because it is uniquely yours, and that no one else would have thought of what you were thinking. That will let people see how valuable an asset you are.

\* Don't hide behind nifty gadgets or tools. You don't need the most expensive set of paints to produce a masterpiece. The same way with writing. You don't need some expensive fountain pen and really smooth paper for a bestseller. In fact, J.K. Rowling wrote the first book of the Harry Potter Series on bits of tissue. So what if you've got an expensive SLR camera if you're a crappy photographer? The artist actually reduces the number of tools he has as he gets better at his craft: he knows what works and what doesn't.

\* Nothing will work without passion. What wakes you up in the mornings? What keeps the flame burning? What is the one thing that you'll die if you don't do? Sometimes people with talent are overtaken by the people who want it more. Think of the hare and the tortoise. Ellen Degeneres once said that if you're not doing something that you want to do, then you don't really want to do it. And that's true. Sometimes you just want something so bad you become virtual unstoppable. And that is passion. Passion will keep you going.

\* Don't worry about inspiration. You can't force it; inspiration hits when you least expect it to, for those unpredictable yet inevitable moments, you should prepare. An idea could strike you on the subway, yet alas, you poor unfortunate soul; you have no sheet of paper to scribble down a thought that could change the world. Avoid these disasters. Have a pen and paper within your arm's reach at all times.

I hope this article has helped you bring more innovation into your life. Keep in mind that you're doing these things for your own satisfaction and not anybody else's. But soon enough they will notice, and everything should snowball from there.

### **Final Thought:**

\* Goal Setting is extremely important to motivation and success. Ask any person who is successful in whatever he or she is doing what motivates him/her, and very likely the answer will be "goals". Start with setting small goals. Take it one step at a time. You can do it!

**I wish you great success!**

From: Scott Allen Barker

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[Free 10 Day Stress Relief Ecourse](#)

For mental health articles, resources and support, you can visit my home page at:

[Mental Health Drop In Center](#)

For Support, you can visit my forum at:

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## [Additional Resources](#)

### "Name The Top 3 Things You Want In Life...

...then use your computer for 10 minutes a day to make them come true"

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