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How To Get Motivated to Work Out, Get Working Or Get Anything Done

Stay Motivated in a Fitness Plan

Many of us make promises to work out more, to eat healthier and lose weight. It is easy to get motivated to get started, but as the days go on, many of us find our motivation lacking. Those who succeed in fitness plans, whether it is losing weight or living a healthier lifestyle, do so because they have the drive and determination to stay motivated. If you find that your motivation is sagging during your new fitness plan, think about the following tips to stay motivated.

One important tip in staying motivated when trying a new fitness plan is to plan for overall health and fitness. It is easy to say you are going to lose twenty pounds, but really what you want to do is to promote a healthier way of living. When you look at the overall picture of a new fitness plan, you will exercise more and eat better. Losing weight is a fringe benefit of finding overall health.

You will also stay motivated during your new fitness plan when you can find a workout partner. Try to find a friend, a neighbor or maybe your spouse that has the same goals as you. Decide when you will work out and rely on each other to get the workout completed.

When you know that someone is depending on you, it is easier to get to the gym and stay motivated. In addition, when you have a partner, you know you can talk to that person in your weakest moments. That person can help get you through the tough times of dieting and exercise when they also have a common goal.

Another important aspect of staying motivated in a fitness plan is setting goals. You may know you want to lose weight, but you should also know how to get to that point. Write down each step to reach the end result and it will help you stay on track during your fitness plan. Another good idea when you set goals is to mark each step off of your list after you have completed them. It will help you stay motivated because you will have a visual reminder of everything you have accomplished so far.

You will want to stay motivated with your new fitness plan by setting time aside for your workouts and make a commitment to stick to it. A lot of people join gyms right after the New Year in hopes of getting in shape. Most of the time, the gyms are packed in January, but as time goes on, participation drops because people lack the motivation and do not stick to their commitment of getting in shape.

Set time aside in your busy schedule and write it down on your calendar. Also, make time to prepare healthy meals so you are not so tempted to run through a fast food restaurant at the end of a busy day. Make time for yourself and you will soon see the benefits.

It will be easy for you to stay on track with your new fitness routine if you keep your things organized and create a good environment for your workouts. If you have equipment at home, keep everything clean and in good working order. When you work out at the gym, lay out your clothes and shoes the night before. If you always know where to find the things you need for your workouts, you will find that you will have more motivation to get to the gym.

Use a visual aid to keep your self-motivated to stick to your new fitness plan. Find a picture of yourself that you do not like and hang it where you see it every day. Find another picture of what you want to look like and keep that nearby, too.

As you continue with your fitness plan, refer back to those photos to remind yourself of where you have been and where you are going. You can even help keep yourself motivated by taking measurements of your body and writing them down. As you work out and begin to lose weight, retake your measurements so that you feel encouraged to continue.

When you start a new fitness plan, you might need a little help to stay motivated. When you succeed at motivating yourself, you will find that you will go a long way in accomplishing your new fitness goals.

What To Do to Get Motivated to Work Out

It is sometimes difficult to keep motivated when you are working out. If you do not push yourself when you work out, it will be harder to see the results. This will lead to less motivation and sometimes you might be tempted to give up altogether. The next time you want to commit yourself to a work out routine, there are a few tips you can use to stay motivated and get the most out of your work out routine.

For most people, working out can feel like a real chore. It is not always easy to find the time to go to the gym. That is when it is important to set aside time for that purpose. If you use a daily calendar or schedule book, write the time you plan going to the gym there. Stick to that calendar just like it is any other important appointment.

Making the time for working out will go a long way in helping you stay motivated. You will not get any results at all if you do not find a time that works for you. Think about when you have the most energy and use that time to visit the gym. If you have a long lunch break, stop by the gym instead of the fast food place.

When you go to the gym to try out a work out routine, it is best to have a purpose or goal. You should know beforehand what you hope to accomplish by working out. There are different workout routines for different results. If you wish to build muscle mass, you will want to concentrate on the body building equipment.

If you want to lose weight, look at workouts that concentrate on cardiovascular and will burn fat and calories. Before stepping foot into a gym, know why you are going. When you have a solid purpose, it can help you stay motivated and ready to work out.

When you are at the gym and find that you do not feel like lifting one more time or cannot do another mile on the treadmill, stop and look around. Take a quick glance at someone else that is working up a sweat lifting weights or running miles. Find inspiration in them and keep pushing yourself to work harder. Those people have the motivation to keep moving and you can too, if you make yourself work.

Next, look at the other people that are not working so hard. Try to picture yourself as that person and what it looks like to be going through the motions. Maybe a visual picture in your mind will help motivate you to work harder during your next work out.

Another motivator you can use when you want to workout is to find a friend or a workout buddy to keep you going back to the gym. This can be a crucial motivator for many people. When you know that someone else is depending on you to workout with them or go on walks around the neighborhood, you do not want to let them down.

This will motivate you to make those workout appointments each and every day. In addition, your workout buddy can be someone that you can go to when you need advice or just need a sympathetic ear. You can go to that person when you feel guilty about eating a doughnut or when you skip a day or working out. Let that person help you and you will stay motivated through the most challenging exercise plans.

You can also help yourself stay motivated at the gym when you concentrate on your routine by listening to music and not talking a lot to others. When you strike up conversations with other while working out, it can be a pleasant diversion, but it might cause you to work out less.

Try not to become distracted by talking with others by listening to energizing music on headphones. Buy an MP3 player and fill it with music that you enjoy and will encourage you to push yourself. You will find that music will help your work outs go faster and that you can work out more intensely.

The last thing you can do to stay motivated at the gym is to remember that you will not achieve your goals overnight. Be patient with yourself and expect it to take months to reach your ultimate goal. Taking small steps along with way will pay off with big results at the end. Do not get too discouraged with slow progress or setbacks. It will happen if you keep yourself motivated and work hard.

10 Easy Ways to Motivate YOURSELF to a Better Body

Many people start off the New Year by making resolutions to lose weight and get in shape. Sometimes, this task is often easier said than done. Some people last a little longer than others, but for most motivation starts to sag soon into the fitness plan.

There are easy ways that almost anyone can use to help motivate your self to a better body. Whether you are looking to lose a lot or just a few pounds or you want to exercise more to tone your body, you can create a fitness plan that can help you stay motivated.

Confidence: Confidence is the number one way for you to motivate yourself to exercise more or to stick to a diet. Confidence in yourself is also known as self-efficacy and it means that once you believe that you can do something, no matter how hard, you do it. Those that have a lot of self-confidence believe that they have the power to make changes in themselves. Those without solid self-confidence will find that they will have a much more difficult time sticking to any fitness plan and will not exert much effort.

Support: Having a solid support system of both friends and family will help keep almost anyone motivated to reach their goals. When a person starts a new fitness routine or diet program, many changes need to happen. It is important to surround yourself with others that can support you and understand your personal goals. Let those around you know that you need them to support your new goal and try to include them in your plans.

Positive Attitude: Your motivation will soar if you keep a positive attitude towards your new fitness goals. Think about the positive aspects of a healthier lifestyle and exercise plan and keep that in mind you may be tempted to skip a day at the gym. When following any fitness plan, it is also important to remember that you may have setbacks or you may not achieve your goals as fast as you had hoped. Keeping your outlook positive even during the rough times will help you stay focused on your goals.

Follow a Plan: You will find that you have an easier time staying motivated when you make a plan and stick to it. Without understanding each step you need to take to reach your goals, it will be harder to see the end results. For example, if you are trying to eat healthier, write down what foods you want to eliminate and foods you want to add to your diet. As you progress, compare your results with your plan and that will help you stay on track.

Stay Organized: Staying organized will help keep you motivated to stay on your new fitness plan. If you plan on going to the gym a few times a week, you can get everything you need ready to go the night before. Have your shoes, gym clothes and membership card by the door. Not only will this make it easier for you find exactly what you need, but it will also serve as a visual reminder of your goal. Keep your days planned out and schedule time in for healthy cooking or working out.

Types of Motivation: Intrinsic and extrinsic are both types of motivation. Understand what they mean and which one helps keep you motivated. Those who are intrinsically motivated do not need outside forces, such as rewards to stay focused. They have the power from within to stay motivated. Other forces, such as rewards or praise from others, motivate those who are motivated extrinsically. Most people feel motivated both ways. Understand what kind of motivation helps you stay focused.

Reward Yourself: A reward system can be a great motivator, especially in a new fitness plan. Give yourself a small reward when you meet each of your goals. This will help you get to your final goal. You may choose to buy yourself a new shirt when you lose ten pounds or maybe go see a movie. Whatever appeals to you would be a beneficial reward system.

Role Models: When you are trying to get a better body through a fitness plan, look for a role model. That person does not have to be famous, but anybody who you admire. Maybe it is someone you know that takes time to work out or eat right. Use that person to look to when

your motivation is sagging.

Information: As soon as you commit yourself to a new fitness plan, arm yourself with lots of information. Look at different diets and exercise plans. Learn the ins and outs of each one and you will be able to make an informed decision to use one that is right for you.

Interests: Another great way to stay motivated is by having other interests. When you start to feel frustrated, you can set it aside and do something you really love. It might even be possible to include what you love doing to help you achieve your fitness goals.

Finding the Motivation You Need to Stick With It: Exercise

Exercise is hard enough without all the temptations of life. Sticking to an exercise program requires motivation and persistence. Often times we find excuses to not work out or eat right. A busy schedule, illness, work, tiredness and lack of equipment are just a few of the most commonly thought of excuses.

But what is the answer to staying motivated to reach goals? Some swear by the S.M.A.R.T. system. The S.M.A.R.T system works because it is simple and gives you some structure with your plan. It is effective for both short and long term goals and works with any diet and exercise program.

What does the S.M.A.R.T system consist of? This is an overview of the system and how it can work to motivate you to stick with the goals that you have set for yourself. Remember that goal setting and the S.M.A.R.T. system are only as strong and useful as the person doing it. You must have the "want-to" to achieve any goal. The S.M.A.R.T system only works when you work it! Use the system to motivate you to stick with your goals and you will find yourself with more confidence and a better body!

"Gimme an S"

1. Specific Goals. Goals are an excellent way to stay motivated. Research has shown that setting both short and long term goals is the most motivating thing that you can do for yourself. An example of a good goal is to run one mile without stopping. An example of a less effective goal is simply "to run more."

"Gimme an M"

2. Measurable Goals. It is easy to say that you want to run more. It is imperative that you are able to measure the amount of progress that you are making. You should be able to chart the amount of time that you spend working towards your goal and also to be able to see the improvement.

"Gimme an A"

3. Adjust. You need to make goals that are attainable. There will be times when you will not

be able to meet these goals and you should be able to be flexible with your goals. This will give you the feeling of accomplishment and motivate you to keep trying. You should be able to change your goal so that it is still a challenge, but one that you can physically do. For example, if your goal is to compete in a triathlon in October and you break your ankle, you may not be able to reach this goal. However, if your goals are flexible, you will be able to change it to a different time in which you are able to achieve the goal.

“Gimme an R”

4. Realistic Goals. It is important to be realistic in your goal setting. You shouldn't set a goal of running five miles in the first month if you have not been exercising in the past. Start small. Obtaining smaller goals will help to build confidence and morale in order to meet more challenging goals. You can always add more goals as you reach those that are already set. You should be careful though not to set goals which will not give you satisfaction. If your goal is to lose one pound a month, then you might not have to work as hard and thus might not get as great of a pleasure from achieving that goal.

“Gimme a T”

5. Time Based Goals. If your goals are not time based, then there is a chance that you may become bored with the goal. It is important to set a goal that you can measure not only in speed or distance but in time. For example, it is a good idea to set a weekly goal to run one mile in 45 minutes. For the next week it might be 30 minutes. Be sure to push yourself each week to meet these goals.

Setting goals is one of the best ways possible to stay motivated throughout any kind of weight loss or training plan. Using the S.M.A.R.T system you can achieve your goals of fitness and become the person that you want to be!

Get Moving for Motivation – How to Get Off Your Keister and Lose That Weight

What will it take you to be motivated to lose the weight you keep saying you're going to lose? Will illness be the motivator? Or how about that high school reunion, or that long dreamed of vacation cruise. It could be that you're tired of being out of breath while climbing stairs, cleaning house or shopping at the mall. Whatever it takes, there are benefits for losing weight. It doesn't matter if you're 20 pounds overweight or 200, you still need to get motivated to get off your keister and lose that weight.

My body hates the “Diet” word. If I even think the word diet, my body goes into starvation mode and stores everything I eat in the fat cells in my thighs. So, I don't diet, I eat healthy and make good food choices. Am I playing mental tricks? Sure, but it works for me.

Healthy eating of course is the beginning of losing that weight, but you also need to exercise to help it along. Why is getting off your butt and exercising important? There are several reasons.

Exercise or physical activity will help burn the calories you are taking into your body. The more you move the more calories you burn; it's as simple as that. You are burning calories by doing housework or running after your children. The trick is to get your body moving in different ways.

Exercise can help you get off that plateau you may be on in your weight loss program. Sometimes, no matter how hard you try, you are stuck at a certain weight. The temptation is to give up at that point. You can breathe through that plateau point by increasing physical activity. Especially recommended is strength training. Working with weights, helps build muscles and muscles burn fat.

Increased physical activity enhances your metabolic rate and that rate stays high for some time even after you've stopped exercise.

Sleeping patterns improve when you are getting more exercise. Do not exercise right before bedtime because it can keep you awake. Experts recommend at least three hours between exercise and bedtime. Moving that body and stretching your limbs is also good for both the body and soul. It improves mood and releases endorphins in the brain that increases your feeling of wellbeing. By the way, you get the same rush when you're in love, or eat chocolate. I'm not recommending eating chocolate!

More importantly, getting the proper physical exercise can reduce the risk of developing heart disease, diabetes, breast cancer, high blood pressure, and osteoporosis. Physical exercise is recommended in treatment of certain mental issues such as depression. How can it not help when it produces those feel-good endorphins?

Here are some hints to get motivated to exercise. Set small goals and be sure they are measurable. Take small steps and once you've met that goal, set a new one. Always be sure your goals are practical. It isn't realistic to make a goal of losing 50 pounds in one month. With that decision you've set yourself up for a crushing defeat. So don't set your expectations too high or you're likely to be discouraged and quit.

Set up a regular schedule and stick to it. Even if you are only exercising three times a week, be sure to get those three times in every week. You can try marking this schedule down in your calendar which will make sticking to your plan easier. Be sure to make exercise fun. If you used to love to dance, put on an oldie and just move your body.

Dancing is wonderful exercise. Include your children, they will love dancing with Mommy or Daddy, and it can be fun for the whole family. Join a water aerobics class or any other class. By planning ahead and sticking to a schedule, you will gain valuable support in your diet and exercise plan.

Get ready for that vacation, reunion, or special event you're looking forward to. You can do it, set small goals and reward yourself with a new outfit every time you reach your goal. Your body, mind, and spirit will thank you for it.

Keep It Up! How to Stay Motivated and Build the Body of Your Dreams!

Overall Fitness is Key: Try and keep your overall fitness in mind rather than just one aspect of it. Most believe that there are four major aspects that one should aim for, aerobic fitness, endurance and muscle strength, body composition and flexibility. Try and work on all of these with each workout.

Be true to your sport: Try and focus on the parts of the body in which you will be using to do the activity. For example, if you are playing basketball you would want to work on endurance, and if you are playing football you might rather focus on strength training.

Buddy up: It is so much easier to stay motivated for a fitness goal when you are working with someone. Misery loves company as they say. You can use your workout buddy's motivation when yours is running low. It is also a good motivator since someone else is depending on you to motivate them. Finding someone who is dedicated is a challenge so look around at your gym. You should try and find someone to workout with who has some of the same types of goals as yourself. This will help tremendously since you will be on the same page with the person you are training with.

Get out the tape: The measuring tape that is! Measure all of yourself including your arms, chest, waist, thighs and wherever else that you are trying to improve. Then make a habit out of re-measuring once a month. This will give you some measurable results, which is a great motivator!

Goals, Goals, Goals: Make attainable short and long term goals for yourself! Don't just make the goals and give yourself a pat on the back if you reach them, really go all out and reward yourself with something special! However, don't make the reward something that will be detrimental to your goals, such as taking a day off or eating fatty foods. Make your goals reachable. Set goals that are challenging but not overwhelming.

Commitment time: Make an appointment with yourself. Don't make excuses as to why you can't workout. Put it on your calendar and stick with it. Make this time for you and let others know about it. If someone asks you out for coffee after work tell them about your scheduled workouts, and ask them to join you. This way people will know that during that time you are unavailable. Changing workout times can lead to procrastination.

Stretch: Stretching and warm up exercises make any workout easier. It is a good idea to not only stretch before a workout but during and afterwards as well. This may not seem like a way to motivate your self but really it is. Stretches are invigorating and gives you some motivation to go on with the workout.

Location, Location, Location: Where you exercise is just as important as what you do. Be sure that you are comfortable in the place that you choose to exercise. Sometimes it is helpful to watch TV or read a magazine while working out. Keep your water within reach. How many times have you used getting water as an excuse to stop cardio? Also be sure that you are wearing clothing that is suitable for the type of exercise that you are doing.

Strike a pose: What is more motivating than those before and after shots of people who have

lost weight or built muscle? Nothing I can think of. What if that person in the photo was you? You see yourself everyday and sometimes it is easy to forget the old you. Take before photos and look at them often. Looking at the before photos and looking in the mirror is not enough. Take after photos as well. It is nice to be able to compare side by side the progress you have made and highly motivating.

Who's got the answers: Make sure that if you have questions about your workout plan or routine that you find a qualified person to answer your questions. You can ask the trainer at the gym or even go online to find the answers. It is also a good idea to ask your doctor. He will most likely have some feedback for you about your plan or routine.

What's Your Motivation? How to Stick to Your New Year's Resolutions

At least fifty percent of the population makes at least one New Year's resolution each year. The reality of a New Year's resolution is that they are usually broken within a week or two of their origination. While people try to do the right thing and set goals for the upcoming year, they often have a hard time finding the motivation to keep them.

The main problem with these resolutions is that they are often too large to handle. It is proven that people will succeed more often when they set small goals. New Year's resolutions are rarely small, short-term goals. They are often goals that should be followed throughout the year. By breaking down the goals, people will be more likely to keep those pesky resolutions.

Motivation to Lose Weight

The most popular resolution made at the beginning of the year involves losing weight. People often think about how much weight they want to lose throughout the entire year and will make that their initial goal. Finding motivation to lose weight can be one of the most difficult things in the world however. To make it easier on yourself, try vowing to lose six pounds. When you reach that goal, make another resolution to lose six more.

By the time the year is over, you will have likely lost the entire initial amount you wanted to lose. This works much better however because when you reach each smaller goal, you will gain instant motivation to keep going. This instant motivation is important, especially when you are trying to lose weight. Losing weight is not always a fast process, so the motivation can decrease. Reaching the small goals will help keep your motivation level consistent and you will succeed.

Motivation to Spend Less

With the population in more debt than they have been in the last fifty years, the resolution to spend less is increasingly popular. Deciding to spend less is not a difficult task, however remembering to do so can be challenging. Consumers get set into specific patterns where they spend money. One consumer may be accustomed to eating out three times a week, which may make it difficult to save money by eating in every night. Another consumer might buy only name brand food and toiletry items.

Training yourself to be a bargain hunter can be difficult but it is not impossible. Make a list when you go shopping. Check brand prices and try out lesser expensive brands until you find one that you can deal with. You would be surprised at what you can save just by buying generic toothpaste each year.

If you are a shopper that uses credit cards for everything, consider switching to cash. When you carry cash with you, you will be more likely to be aware of what you are spending. You won't be able to go over budget if only using cash. Those who use credit cards spend more than those who use cash because they are not visually seeing what they spend. To motivate yourself, consider rewarding yourself with a trip or a new outfit if you can buy all generic for six months.

Motivation to Take Time

With life getting busier by the minute, it is often difficult to plan time to spend with family and friends. The desire may be there, but the motivation may not be. The best way to follow through with your motivation is to create plans. Make a schedule for yourself. Allow at least one family night a week for nothing but spending time with your family. Designate it to a specific day a week if you can so everyone will know when the night will occur and plan accordingly.

Do the same with friends, although you may need to do it less often. By making plans, you will be more motivated to keep them since you have made the commitment. When you get into the groove and start enjoying this time with your family and friends, you be increasingly motivated to keep the schedule going. You will feel great about balancing your life and will be able to enjoy the time knowing that you won't have to rush around making plans to take the time.

Ten Simple Things to Get You Motivated and Out of Bed on the Weekend

You may think that weekends are times when you can stay in bed all day long. While this may be true, it is not always the best choice to make. The weekends can fly by without substance if you allow yourself to sleep them away. While some weekends should be used for catching up on sleep, you can avoid needing to use them as thus by getting to bed early throughout the week. If you want to be more motivated to get out of bed on the weekend, try these ten simple techniques to help you get started.

A Good Breakfast

If you have a hard time getting up on the weekends, consider making Saturday your family breakfast day. You can choose to visit a local diner each Saturday for breakfast or you can choose to prepare your own. When you know that Saturday is a day when your family is counting on a good breakfast, you will find it easier to get out of bed. After all, the diner doesn't serve breakfast all day!

Exercise Early

One way many people choose to get motivated on weekend mornings is to schedule exercise time. If you plan to exercise early in the morning, before officially starting your day, you will be more motivated all day long. Instead of rolling over for an extra hour of sleep, think about how energized you will feel after getting your exercise out of the way. Involve the whole family so everyone can benefit.

Beautiful Weather

Before you go to sleep at night, consider opening your bedroom blinds just a bit. If you open them enough, you will be able to awake to the shining sun through your window. When you are awoken by something like beautiful weather it is impossible to avoid getting out of bed. So, crack those blinds and enjoy the morning sun.

Make Plans

We all hate to disappoint our friends. If you need extra motivation to get out of bed on the weekends, make a date with a friend to go early morning garage sale shopping. Everyone knows that you have to hit these sales early to get the deals. You won't want to disappoint your friend and will likely hop out of bed earlier than usual.

Quality Time

When you rush through the week, you probably notice that there is never enough time to spend with your family. After getting the children home from school, eating dinner, homework, baths, and cleaning up, there is nothing left for bonding. Therefore, getting motivated to use the weekend wisely is important for family life. You should try to do something with your family each weekend. It may not be anything extravagant, but that quality time is enough to make you roll out of bed instead of sleeping the day away.

Tiresome Chores

Maybe it is lingering chores that are keeping you in bed all weekend. If you have a ton of chores to do, go ahead and get them over with. When you knock them out of the way early, you can enjoy the rest of your day. Try recruiting your family to help you out so that it takes much less time and everyone can get the day started together.

Shopping Always Helps

Nothing motivates people to get up quite like a day of shopping. Shopping is something that can be done at any time, but the earlier you hit the mall on the weekend, the better parking spot you will get. With shopping malls packed on the weekends, you will want to get started early. Some stores even offer early bird specials, which make getting up early even more worth your while.

Movie Days

If it has been a long week and you know you will have trouble getting out of bed, consider planning a weekend movie day. Plan to take in the first showing of a movie each weekend. This will help you get motivated to get up and look forward to something fun.

Religious Appreciation

Sometimes getting up for church is the only thing that keeps people going. If you are a religious person, getting up on Sunday morning may not be a problem. However, if you have trouble with Saturday, you might want to use that religious appreciation to get you motivated. You can offer your time to help out at church or volunteer for a local charity. Whatever it takes to get you moving, do it!

Planning Trips

When you need something to look forward to in order to get started with the day, consider planning small weekend trips. Your family will love the excitement of a small day trip and will likely jump out of bed early.

Seeking Success: How to Identify What Motivates Your Children

Motivating your children is one of the hardest roles in parenting. Each child is individually different and even twins can't always be motivated in the same way. So how do you know what will motivate each of your children to do the best in everything they do? You will first need to listen and get to know your child. That means spending time with them and getting to know their likes and dislikes. Talk to them and learn their particular needs.

Once you've learned what motivates your children to do things on their own, you can expand on that and find individual ways to motivate each of your children. Motivation needs will change, as they grow older and mature they will need different motivations.

When children are small, motivation for good behavior can be many different goals. One child can be motivated to be on his best behavior by simply giving him a snack as a reward for being good. If they have a sweet tooth, it's possible to buy sugar-free candies and even sugar free chocolate. I found with my grandchildren that a promise of a Popsicle after toys are picked up is a great motivator. I make the Popsicles myself out of real fruit juice so they are getting a treat and something healthy. Two for one, not bad is it?

As they grow a little older, a sucker or Popsicle won't do the trick any more. They require something they are more interested in. Some may respond to a goal of being able to spend an extra half hour watching TV or playing videos. Others may be motivated by increased phone use, or extra playtime. You will know what your kids will respond to by listening to them and tuning into their feelings.

How about an extra trip to the library, or a good children's museum, these are wonderful goals to work for. Make it a fun time and reinforce the positive feelings that come from happy family outings. Never underestimate how important it is to your child to spend quality time. Quality, happy time, is valuable in keeping your child motivated to grow into the person you want him or her to be.

Of course, when they reach the teenage years, you have a new ball game. Goals then change with the maturity of the teen. Goals or motivations sometimes have to change daily. If your son's passion is driving, then a long-term goal of earning his own car could be just the ticket to keeping his grades up and staying out of trouble.

Just like schools use their sports programs to keep participants studying and doing what is right, so can any parent do the same thing. Do you have a child that has artistic talent? The perfect goal for them would be a trip to the local artists supply store.

Maybe the one motivational goal you can give your children is time with them. My grandchildren are little, but their goal is to be the one who was good for the week so they can go to Grandma's house to spend the night. It has gotten the kids through trial days at preschool, shots for school physicals, and stays at the hospital.

Each child has their own special activity that they do with Grandma and they know they will have Grandma's attention the whole time they are here. That's not spoiling them, it is spending time to really get to know them and what makes them want to behave and do good things.

If you know your child has a special interest, then you can foster that interest into positive reinforcement goals.

Only you know what the best goal is to act as a motivator for your children. Positive motivations work much better than threats and punishment. Those sometimes work in the opposite way and end making matters worse. Most people react to positive reinforcement and praise than they do negative criticism and harshness. Try a change of direction with your children. Praise them for the little things and they will begin to see that behaving and getting good grades in school is something worth working for.

Motivation Tips for Work at Home Moms

If you are a mom and you work at home, you might find it near impossible to concentrate on your work when you have a sink full of dirty dishes or your phone keeps ringing. The most important part of working at home is finding motivation everyday to get the work done. You must decide on your priorities and concentrate on what is most important first. There are several tips you can use when you work at home. When you follow these important tips, you will find it easier to get your work done.

Organization: Staying organized is the number one way to keep yourself motivated when you work at home. Have a place where you work and leave "home" stuff behind. Keep your desk clear of distractions, such as the thank you notes that need to be done from your son's birthday

party. Your desk should have only what you need for work and nothing else. If you have a cluttered work area, you will feel that your job is difficult and never ending. Take a few minutes before you work to clear the area and concentrate on what needs to be done.

Stay on track: This goes along with staying organized. When you work at home, it is very easy to be distracted by the goings-on of your household. You can be working along when you suddenly remember a phone bill you forgot to pay. This is the time to leave at home behind and concentrate on work. One way to do this is to set up a work schedule and be committed to stick to it. Tell yourself that you will work three hours and then take a break. Working at home should be like working in an office. Take breaks and remember you are there to work.

Set goals for your work: When you work from home, you should have a schedule and goals in mind. When you stay on schedule and accomplish one goal, it is time to move on. Try to make lists of the things you need to accomplish before the day is out and work your hardest to stick to it.

Leave work behind: While it is easy to become distracted by what is going on in your house when you should be working, the opposite can also be true. You can just as easily become distracted by work when you should be spending time with the kids. When your workday is over, try not to pick it back up. Make time to have a set work schedule and try to stick to that workday. This can be beneficial, too. If you are working hard and come to a point where you feel frustrated, leaving your work behind can give you a fresh perspective when you take some time out.

Make time for yourself: When you are working hard at home, you may need to set aside some time just for you. It is easy to become wrapped up in your work and neglect the things you need to do for yourself. When you overwork yourself, you will come to resent work and will not be motivated to continue.

Take breaks: Taking frequent breaks during your workday can help you stay motivated and on task. Instead of sitting at the computer and eating your lunch, take time out to walk away from your work and eat lunch at the table. Take an hour break and relax or read a book. Take ten minutes out of your work schedule and stretch. When you take breaks during the workday, you will feel ready to begin your work again.

Exercise and eat right: If you exercise frequently, even if it is a quick walk around the neighborhood you will feel better and want to work. The same is true for eating right. Take the time to exercise and eat healthy foods. You will feel refreshed and ready to work when you feel good about yourself.

Staying motivated to work when you work from home is not always an easy task. There are distractions from home and you can feel overworked if you do not take care of yourself. When you work from home, take the time to follow these tips and you will stay motivated to get your job done.

Motivation for Moms – Ten Little Tips to Get You Through the Day

Any mother will tell you that raising a family, keeping a house, and sometimes working outside the home can make little things harder. It is often very difficult for a mom to stay focused and motivated throughout the day. Remembering why you do what you do day in and day out can help you stay motivated. Next time your motivation is lacking, think about these ten little tips to get you through the day.

Motivation determines what and how you do things. Many times, having a clear purpose in mind and keeping an open and good attitude can be great ways to stay motivated. For many moms, that is easier said than done. After staying up all night with the baby, organizing that closet may be at the bottom of the list. There are however, ways to keep yourself motivated so that you can accomplish more and get yourself through the long days of mothering.

Purpose: One important part of motivation is purpose. It does not matter what you need or want to do, you should understand why you are doing it. Purpose gives you a clear mental state and helps you look at your task in an objective manner. If something does not help you reach your end goal, then it should not be one of your goals.

List: Make a list of your goals, chores or jobs. This will help you stay focused during the day and know what you still need to accomplish. As you complete one task, mark it off. Seeing the list of things you have done, can help you feel like you have met your goals and motivate you for the next day.

Don't procrastinate: Avoiding a chore or job does not help you reach your goal. In order to stay motivated, you must work on your job to finish it. Many times, those who procrastinate will not get that job done at all or will feel rushed at the last minute.

Talk about it: Keeping your concerns or feelings inside can lead to reduced productivity. Talk about what is on your mind to a friend, a spouse or even in a journal. Many moms see the benefit of blogging or posting on community message boards as a way of expressing concerns with others.

Exercise: Exercise is a great way to help you reach your goals, even if it is a little amount each day. A good, brisk walk around the block or a quick swim in the pool can help clear your mind and think well during the day. Exercising can give you energy, too. You will feel better and be more motivated to get those chores done.

Eat right: Eating right can also help you stay motivated. Junk food can make you feel sluggish and instead of conquering those jobs, you will really want an afternoon nap. Eat a healthy breakfast and drink plenty of water. Vitamin supplements can also help keep you energized throughout the day.

Expect imperfections: You will not accomplish all of your goals everyday. You should expect some imperfections. In addition, no one should be "super mom". It is ok to buy store bought treats for the school party instead of stressing yourself out over detailed cookies. No one is perfect and if you expect perfection in yourself and in others, it will be near impossible to reach your goals. It is also ok to say no or to ask for help when you need to.

Do not stress: Stress can sometimes motivate us to do things. When the holidays are coming, everyone feels stressed enough to get out and get that holiday shopping completed. However, putting yourself under stress each and every day is not healthy, nor will it inspire you. Stress can put you in a greater danger for depression and other health issues.

Get adequate rest: All moms know that sometimes sleep is hard to come by, especially when you are taking care of infants or sick children. Sleep and adequate rest is important thought. With a good night's rest, you will feel more motivated during the day. If you cannot seem to make it to bed at a decent hour, try to rest during the day while the kids are napping or if you work, try to take a quick rest during your lunch break.

Reward yourself: Rewards can be a huge motivator for anyone. Even if you reward yourself with a new book or thirty minutes of quiet time, you will be more likely to reach your goals with rewards.

Meditate and Motivate – How to Get Kids to Do What You Need Them to Do

We should look at what meditation is and then learn what will motivate your kids to what you want and need them to do. Meditation is not just a technique; it's a way of being. When dealing with children you might want to calm your chaotic mind and that will help you to deal with the every day life of child rearing.

Meditation is not a way of controlling one's thoughts. What meditation is found to be an inner gesture that makes the heart and mind be aware of the present, no matter what is going on around you.

By meditation, we can relax our mind and body and allow ourselves to listen to the sounds around us. Can you hear what your children are saying? Can you read their body language or their eyes? Just being more tuned in to your inner self will make you more attuned to what others around you are thinking and feeling. This will in turn, enable you to figure out what will motivate your child the most to get them to do what you need them to do.

So, what does motivate your children? This will vary from child to child. What works with one may not work with their sibling. What motivated my children was praise. The better they acted or did in school, the more praise I gave them. Negative talk is not a motivator. You can find something to praise them for; did they get up without being told to twice? It's praise time. Did they bring home a good report card? It's praise time again. You will soon know when praise can be used as a motivator.

Another motivator is to let them work toward a goal. Is there something special they want? Is there an area that needs to be improved on? Set them a goal and let them work toward that goal in getting that special something they have picked out. My grandson's goal is to buy a guitar. Every time he gets a good report card, he gets a monetary reward for each good grade. He also gets an allowance that he has to earn. His goal is to get all of his chores done so he can earn all of his allowance and not just a part.

Motivation to get homework done is a real big area in some homes. How do you motivate to get that homework done? Do you tell them when their homework is done; they can play with their friends? Talk on the phone? Maybe play video games? Again, it's different with each child. One of my sons had to have his homework done before he could have an afternoon snack. That was a big motivator for him because he loved his afternoon snack.

The school and public library has a great motivational program to get students to read books. That was usually no problem in my house as both my children loved to read, but during the summer when they could read and earn McDonalds certificates, that motivated them to read even more! One year it was tickets for the area's softball team. For girls, it was something different that they would enjoy.

One of the best years my oldest son had in school was when he was able to earn "dollars" to spend at their school store. Parents gave items or small prizes were bought from a wholesaler. The items were not large. However, there was at least one big-ticket item. This gave them extra incentive to do extra work to be paid more "dollars" and eventually earn the big prize. It was my son's best year because he got "dollars" for behavior, doing homework, being quiet in class, and reading books. He did earn his big prize.

Meditation and motivation can go hand in hand when it comes to your children. Meditate on what you want your children to do, how do you want them to behave and how do you enhance their learning ability. When you have been more open to them, you will see in what areas they can be motivated easily.

High Risk Students Benefit from Motivational Interventions: The SMART Approach

A recent news release found that high-risk students who have been involved with drugs and or alcohol abuse can benefit from motivational interventions. It is thought that the actual session is helpful, regardless of the content provided within.

One expert says that the sessions give the students a chance to observe some of the issues that are surrounding their problems. These sessions give the students time to speak with a motivational interventionist and discuss any questions that they might have or talk about their problems.

What is the MI (motivational intervention) approach?

It has been shown that a lot of the programs, which are designed to reduce these alcohol related behaviors in teens simply do not work! MI seems to be different. MI uses a non-confrontational, collaborative means by which to talk to teens about their drinking or drug use. Since the teen is treated as an adult and is given decisions to make and is involved in the decision making process they are less likely to resist authority, which is common for children their age.

The Motivational Intervention approach is tailored to the individual needs of each person. The teen is assessed to see where he or she is at motivationally and is created to meet their specific needs. One example is for a teen who has been known to drink heavily and who has experienced the negative consequences of his or her actions, but has not given enough thought to how to change the behavior, a motivational interventionist would work with the teens on increasing awareness of the consequences and the current and future risk involved.

Where can I get find an MI program?

You can look for resources about local MI on the web or you can seek guidance from your child's school counselor. The department of Human Services may also know of programs in your area. The local police are always a good resource for information about these motivational intervention programs.

Is it Expensive?

The MI approach recognizes that for some money may be the reason that they do not seek help since rehabilitation facilities are expensive and are usually not covered by insurance. The MI approach is commonly done by undergraduates of a rehabilitation program or by trained non-professionals. Therefore the cost of these interventions is much less expensive. Costing only a fraction of what a rehabilitation facility would cost.

The five R's of the MI approach.

Motivational Intervention is based on five principles that seem to be getting the job done!

1. Relevance.

It is important for the individual to know why he or she wants to change the behavior. They should recognize the consequences and know how those consequences are relevant to them and their personal situation. Relevance is the personal aspect of the MI approach.

2. Risks

Educate the individual about the risks involved with the behavior. They should be able to identify the risks to them personally as well as the risks to their family and their friends. The risks are sometimes not easy to see, and it is the job of the MI to point these out.

3. Rewards

These are not the type of rewards that you might be thinking. These are internal rewards. The MI approach asks the individual to focus on why that changing the behavior will make his or her life better or how that it will make them a better person.

4. Roadblocks

By knowing what kinds of things and situations that will prevent the person from achieving their goals of changing the behavior, they can prevent them. They will be more aware of these

things and have devised a plan in advance to deal with these situations.

5. Repetition

The MI approach wants the person to understand that it is okay to fail. It takes many attempts to make a permanent change. It is important to let the person know that they do have the strength to learn from mistakes and to try again.

The MI approach is used among many types of addictions and destructive behaviors such as smoking and even overeating! Teens are particularly hard to deal with and the MI approach is working to prevent alcoholism in teens.

Five Motivational Tips to Quit Smoking

Was one of your New Years Resolutions to quit smoking? What motivates you to quit smoking? Nagging by your spouse is rarely a motivation to quit smoking. Trust me, I know. It takes a lot of resolve to kick the smoking habit and it isn't easy. You not only miss the effects of the nicotine, but the habit is there and if you've smoked for a long time, it's well fixed in both body and mind.

No matter why you have decided to stop smoking, you will probably need help. Several products on the market can help you kick the habit. You can pick up at most any drugstore patches, gum, and mints. You may substitute hard candy when the desire to smoke hits you. If you're worried about weight gain, try sugarless candy or fresh veggies. It's important to fill your hands and mouth with something to help you not reach for that cigarette.

Motivation is important if you want to kick the habit. Your motivation might be a new baby in the home, being pregnant and wanting a healthy baby, early signs of lung cancer, or the onset of heart disease are all good physical motivational reasons. Maybe you just don't want to smell like an old ashtray all the time.

Better yet, maybe your significant other is complaining about kissing that ashtray! What ever your motivation is, it's a great goal and it can be obtained. Below you will find some motivational hints to keep you going and help you with your new quit smoking resolution.

Get involved with other people that want to quit. Answer to someone, even if you have to find a support group on the Internet. There are forums and discussion boards that help smokers quit. When you are answering to someone, you are more likely to be choosier about making that one slip. Being accountable to someone is one of the best motivational factors I've found for any difficult task you have.

Talk about quitting with someone. This also helps to hold you accountable. If you are slowing down in preparation to quitting, you can write down how many you have had that day, and try to reduce it by one or two the next day. If you've told someone you're quitting, that makes it more likely you will succeed. After all, you don't want to look bad in front of family and friends.

Make a chart of your progress and set small goals. If you currently smoke two packs a day, limit yourself to a packet and a half for the next day. If you can't do that, try just cutting back two cigarettes a day. Keep going and keep track. When you get discouraged, you can look at your chart of progress and see how far you've come and how much closer you are toward your goal.

Give yourself a reward when you've reached a goal. Rewards work for teachers, parents, and employers and they can work for you. If you make a goal to go from two packs a day, and you reach one pack, give yourself a treat. Go out for an evening, buy yourself a new outfit, or calculate how much money you've saved and get that software you've been wanting for your computer

Keep yourself busy and take time to have fun. If you've slowed down or already quit no doubt you're feeling better. Take the time to do something you've wanted to do for a while. Maybe it's attending a ball game, or taking your kids on a trip to the zoo, or maybe it could be an overnight get-away with your significant other. Keeping busy and active will also help by not allowing your mind and body to dwell on the fact you're quitting smoking.

If you have been toying with the idea of kicking the tobacco habit, now's the time to start. Look at the above five motivational tips and just like the Nike ad, "Just Do It!"

Here are the five again motivational tips once again. Get a support group, set small goals, keep a chart of your progress, reward yourself, and finally yet importantly, have fun.

Motivation Over Mind – How to Overcome Addiction

Addiction of any sort is very difficult for most people to overcome. Addictions come in many forms, such as smoking, overeating, drugs and alcohol and even gambling. Most people can only overcome addiction by motivating themselves to kick the habit. Motivation is in the mind and the right frame of mind can help you overcome your addiction.

Addictions happen over a long period of time. It forms slowly and then becomes a mental issue by associating the habit with dependency. When you find that you cannot indulge your addiction it becomes frustrating, uncomfortable and for many people, intolerable. Even if your addiction is not bad for you or your health, it can consume you and make your life more difficult. Others around you will also notice your addiction and it can get in the way of your work or relationships.

In order to overcome most addictions, you must motivate yourself to stop the habit. Addictions have a way of creeping into our lives and most of the time; we may not even notice that we have had six cups of coffee or played online poker for three hours straight. Addictions are habits and are performed repeatedly. Sometimes, these additions become so ingrained in a person's mind that they continue without a thought. A person who has little control over their mind or is weak-minded can have a much more difficult time overcoming the addiction.

The key to overcoming addiction is telling yourself that you are motivated to stop. It may take

days or weeks or even months to stop the habit, but by replacing the addiction with sometime positive, it is easier. For those who are trying to stop smoking or give up caffeine, sometimes chewing gum can help. Anything that can replace the negative behavior can take the place. For those who are trying to stop overeating, maybe a quick walk around the block to take their mind off of the food can help.

Motivation is sometimes hard during addictive behavior. It is often difficult to stay focused and on track when your mind wants to continue the behavior. Motivation is why you do what you do. When you are ceasing a negative behavior, you can stop and think about what is motivating you to stop the addiction.

Smoking can be detrimental not only to your health, but to others around you. In addition, it is expensive. The same goes for drinking alcohol. Maybe you participate in other forms of addiction that are not so bad for you such as gambling. While it is not bad for your health, it can be expensive. It can also take away quality time from your family. Whatever it is, you must decide on what is motivating you stop.

Motivation is sometimes easier when you can reward yourself. Everyone is different, but some type of reward can often motivate the weakest person. A reward system can work for nearly any type of addiction. Another great way to stop an undesirable addiction is to surround yourself with positive people and always keep track of your success. Both of these are good motivators when you are trying to stop an addiction.

If you are trying to stop drinking, then surround yourself with others who do not drink. Those are the people that can support and motivate you in a difficult situation and will not tempt you to fall back into your old routine. When you keep track of your success, you will also feel motivated to continue. This can be in the form of writing a journal, keeping a log or just talking to someone who has been with you throughout the process. You will see how far you have come, even if you have set back and you will stay motivated and focused and want to continue.

In addition, when you are trying to break a habit or stop an addiction of any kind you must always remember that you will not be perfect everyday. The expectation of perfection will break your spirit and will not motivate you when you have set backs. Addictions form very slowly over a long period of time and you should not expect that you would be able to break the habit overnight. Your addiction recovery will take a long time, too. But, with the right motivation you can break your addiction cycle.

Motivate your Mutt and Help Him Pass Obedience Training

So your dog Fido is digging up the flowerbeds and barking all day long. Maybe he likes to take you for a walk instead of you walking him. This is the perfect time to get that dog motivated to learn better manners. Your dog may need that extra push to learn how to be a well-behaved dog. It is possible to motivate your dog and help them pass their obedience training.

Just like people, pets sometimes need that extra attention or shove in the right direction when they need to do something they really are not that interested in doing. Dogs do not care if they

dig up your nicest flowers. It is fun for them and if you do not intervene, they will not stop. Dogs are motivated to do things a lot like people-by rewards, praise and building trust.

Rewards are often the easiest way to motivate your pooch into obedience. It is often hard to keep the attention of your dog. During obedience training, dogs become easily distracted. It is important to keep your dog's training fun and interesting. Giving your dog rewards throughout the training session and at different times will help keep your dog focused and motivated. A random stimulus that your dog understands as positive is a great way to keep your dog ready for the next command.

After your dog has performed a request for you, that is the time to offer a positive reward. Rewards for dogs do not always have to come in the form of doggie treats either. Your dog will love a gently pat on the head or a rub on the belly.

After a long training session, you can even reward your dog with a trip to the park or a game of catch. Training sessions can benefit as long as your dog understands that when he or she performs a command, he or she will be rewarded. A reward system is a perfect way to keep your dog ready to learn and motivated during obedience training.

Another way to motivate your dog to do well with obedience training is to stay positive and offer lots of praise. Dogs are very adept at sensing your feelings and emotions. If you are frustrated with your dog for not performing commands well, your dog will sense this. It will be harder to keep your dog motivated when you are not motivated.

Your dog will also respond well to praise. The tone of your voice is very important to your dog. Dogs may not understand every word you say, but they understand when you are upset or excited by the way you talk. While you are training your dog, try to stay excited and upbeat. This will encourage your dog to learn commands and perform better for you.

In addition, your body language says a lot to your dog, too. When your dog behaves well and you use direct eye contact to praise your dog, your dog understands that you are happy and pleased. On the other hand, when you are irritated by your dog's constant jumping, you will look your dog in the eye and speak sternly. Your dog understands that you are upset. If you move quickly towards a shy dog or a dog that feels threatened, the dog becomes upset and scared. When you are training your dog, think about how your body language and tone of voice and motivate your dog.

You can also help your dog stay focused and motivated with obedience training by building a good relationship with your dog. Dogs are social animals and need the interaction you can provide. Dogs that are often left alone all day or left outside for long periods of time, cannot build up trust with their owner.

It is important to understand why your dog is having a behavior problem in the first place and then work together to correct it. It could be that the reason your dog is digging up the flowers is because he or she is bored with being left alone. Perhaps your dog eats shoes in the house because they have separation anxiety, or have a fear of being left alone while you are away. By understanding these reasons you can help your dog overcome obstacles and motivate their way to obedience.

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