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Motivating Yourself To Make A Better You

Topics Covered:

Contract your Goals to Stay Motivated

Easy Motivational Rewards and Recognitions

Execute a Plan of Action and Get Motivated

Five Simple Techniques to Keep You Motivated to Achieve Your Dream

Get Motivated and Stay Motivated

Get Mad, Get Motivated – The Ins and Outs on Motivation when you're Mad

If You Are Challenged, Motivation Will Come

Keep Your Eyes on a Goal to Stay Motivated

Make Believe Motivation – How to Make Your Dreams a Reality

Map out your Motivation – How Writing Things down Commits You to Success

50% Motivation and 50 % Goal Equal 100% Success

Motivational Missteps – How to Avoid Misguided Motivation

Motivating Yourself To Make A Better You

Contract your Goals to Stay Motivated

Motivation is defined as, why people do what they do. Long-term motivation can be difficult when you do not make yourself stick to your goals. Most people make goals, but those who are successful have the discipline and drive to achieve their goals and dreams.

Different things motivate people. Some are driven by internal or intrinsic motivation. Others need extrinsic motivation, or outside forces, to help them stay on track. One easy way to help you achieve your goals is to make a contract with yourself and work hard to stick to it. Sign it, date it and keep track of it.

The first step in making a contract with your self to stay motivated is to make an outline. When you make an outline in your contract, you will list long-term goals, short-term goals, payoffs and benefits, rewards and a detailed action plan. By having everything you need to know about achieving your goals, you will stay motivated.

Before making this outline, take some time and think about what exactly you want to accomplish. Maybe you want to reorganize your home, or maybe you want to try out a new fitness plan. Perhaps you want to go back to school and finish a degree. Whatever it is, you will need to do some research and understand each step you will need to accomplish.

When you list your long-term goals, you will make a list of the things you want to achieve within one to three years. Try to be very specific so you will know exactly what you are working towards. If you want to lose thirty pounds, your long-term goals will be to lose the weight through diet and exercise. Your long-term goals will be your final end result that you are working towards. This works for almost any goal and will help you in staying focused and motivated to reach your goals.

Short-term goals will be things that you want to accomplish within weeks or months. If you are working on going back to school, your short-term goals may be to request school applications and catalogs or to talk to a financial aid office about your payment options.

Your short-term goals should be specific and should be something that you can accomplish in a short amount of time. Short-term goals are also important because once you finish one goal; you will feel motivated by knowing you are one step closer in reaching that long-term goal.

Your next step in making a contract with yourself is to list payoffs and benefits of your goals and achievements. While losing weight is a benefit, you will want to list the reason why you want to lose weight. Maybe the payoff is fitting into a certain size jeans again or looking great for an upcoming reunion. Maybe it is because you want to better your health by losing weight. Again, you should be specific when you set these benefits in your contract because it will help you stay motivated.

Now you can think about rewards. Rewards are important when you are setting goals for yourself. When you think about rewards, think about the fun things that you will accomplish by reaching your goals. Lose that weight and buy a new dress. Reorganize your house and get a new couch. Whatever you think is the best part about reaching your goals, use that as a reward to help stay motivated.

The last part in setting a contract with yourself is to have a specific action plan. An action plan will tell you what steps you need to take to reach your final goal. It is here that you will list what you need to change, do, or accomplish in a day, a week, a month or a year. This action plan will help keep you motivated to reach your end goal. List your action plan and keep it in mind everyday you are working towards your goal.

When you take the time to make an official contract with yourself, you will stay motivated and ready to reach your goals. It will be easier when you can see your long and short-term goals in writing and know what rewards and benefits are waiting for you along the way. Your action plan will help you stay on track when you are working hard to accomplish your goals and dreams.

Easy Motivational Rewards and Recognitions

If you are searching for just the right way to recognize someone for his or her superior work and motivation, you can select something that will say thank you in just the right way. By recognizing the work of others, you can motivate that person to keep working and to feel better about themselves. There are other ways besides money that can recognize a person for a job well done.

A motivational poster is one way to recognize a person who has made a difference. These are inexpensive and appreciated. You can purchase posters that reflect the value that person represents. It will serve as a kind, visual reminder of a job that was performed beyond expectations.

Gift certificates are another great way to recognize the hard work of an individual. If you do not know what types of places they prefer, you can give them certificates to rent movies or to fast food places. These gift certificates do not necessarily have to be in large amounts either; even as little as five dollars will be appreciated.

Give the person merchandise with the organization's logo on it. You can purchase shirts, jackets, and hats and even ink pens that advertise almost any organization or business. Most people enjoy this type of merchandise and it can be custom made, too. If you do not have a logo, try sponsoring a contest where others can design a logo.

When you want to thank someone for their dedication and motivation, look at the many engraved items that you can purchase. You can purchase pens, lapel pins, clocks, paperweights and letter openers, just to name a few, and have them engraved for the recipient. Consider adding a snappy phrase such as "great teamwork" or "job well done" so that the person knows that the work they do is much appreciated.

You can also say thank you by giving personalized gifts that will fit the taste of the recipient. Think about what they like to do or enjoy. Maybe tickets to a show or a movie or a gift card for a dinner to their favorite restaurant. When you have picked out a gift to fit the taste of the person you are giving it to, they will know that you put in thought in the gift and they will feel special.

Think about gift baskets made that will fit the personal taste of anyone to give as gifts to say thank you. If you want to reward a whole team at once for their hard work, consider a large gift basket of cookies or popcorn that they can share. This is always a great idea and is much appreciated.

Use other containers to use for gifts to thank someone for their motivation and dedication. You can give a nice plant in a reusable pot or basket. You might even consider giving a container filled with a nice set of desk supplies that can be used over and over again. Not only will your recipient appreciate a useful gift, but also it will help them stay organized while working at their desk.

Chocolate makes almost anyone smile. If you give someone a gift of chocolate, you can be sure that they will love and appreciate the gift. Look at gift stores and find chocolates that are custom wrapped or those that come in nice boxes. Giving chocolate as a thank you will be a festive way of saying we appreciate you.

If you do not want to give chocolate, consider other foods as a way of saying thank you. You can give desserts, such as cookies or cakes to your recipient. Most anyone can appreciate a good sweet dessert and it is an easy way to tell that person that you are proud of the work that they do for you.

Last of all, you can't go wrong with a nice handwritten note to say thank you. Often this is not only the easiest way, but also a heartfelt thank you is much more appreciated. Take the time to write a sentiment that you truly feel and that person will know that you appreciate them and their job. Find some good quality stationery and write the thank you card in a timely manner. This is often the best and most sincere way to thank someone.

Execute a Plan of Action and Get Motivated

You have a large goal to reach, but it's lofty and looks impossible to reach, how do you go about obtaining that goal? There is a tool that is available to you and that is called an Action Plan. An Action Plan is different from a "To Do List" because it deals specifically with reaching one single goal. To do lists are used for multiple tasks that are unrelated to each other.

Why does an Action Plan work? It helps you to concentrate on each stage of your ultimate goal and helps chart your progress towards it. Drawing up an Action Plan simply means to list the tasks that need to be completed to achieve your main goal. It sounds simple and it is, while also being extremely useful in charting your progress.

An Action Plan will help keep you on track if you tend to get distracted or discouraged about reaching your goal. It's such a joy to be able to mark each task off your list and see how each step is bringing you closer to your goal.

Let's look at an action plan that I developed to have a book published.

Develop your plot ideas and your characters. You have to start somewhere and you should know your characters and have a basic idea of what type of book you want to write. Determine if it will be fiction or non-fiction, for adults, children, or a book of poetry. That should be the first item on your Plan of Action.

Write your book. Take it chapter by chapter and keep plugging away on your manuscript until it is done. You may only write a paragraph at a time, but you are still working toward your main goal of publication.

Revisions and editing is the next step after your book is completed. It's a necessary step to the process even if it isn't your favorite part of writing. You want to send the very best to an interested publishing company, agent, or editor.

Research where your manuscript should be sent. You really don't want to send your romance novel to a science fiction publishing house. It's important to know your market. Research; find publishing companies that are happy to take a new author if that's what you are. Find out what their specialty is before you send that manuscript.

You have researched, now it's time to send a query letter. This letter will give a short synopsis of your story and hope it will grab the interest of an editor.

Your book has been accepted and is on its way to publication. Now is the time to do pre-publicity. Talk about your book, be your own promoter. Unless you are a big name author already, chances are, you will be the main PR person for your book. Take a pro-active interest in promoting your book to family, friends, and businesses in your area. In this area, don't be shy, if you don't let them know about your book, no one else may.

Success! Your book is published and now nationally and internationally available. You've reached your goal taking small steps and working your Action Plan. Celebrate and then make a new goal and start working on that.

Wasn't it satisfying to mark items off your list as you accomplished them? If you're original Action Plan looks too short or has too many large steps, break them down again. Small steps will always help you to attain your goal.

A quote from Ralph Marston says: "Your goals, minus your doubts, equal your reality."

This can also work when you begin thinking about starting your own business. In fact, an Action Plan is recommended before you begin looking for financing for your new venture. An Action Plan will be slightly different from the one I outlined above, but will use the same basic principals.

Take each step one at a time and give yourself a pat on the back when you have marked off each task on your list. An Action Plan will help you stay organized, chart your progress, and helps keep your goal in sight. Good luck reaching your goals!

Five Simple Techniques to Keep You Motivated to Achieve Your Dream

Everyone sets goals for themselves. Every person has dreams to lose weight, make more money, spend more time with the family, and go on a big vacation. Dreams and goals are a part of every person's life. Without them, we would have nothing to work towards and have no motivation. There are ways to help keep yourself motivated to accomplish your dreams, no matter how big or small it may be.

Motivation is the reason we do what we do. It is what drives us to accomplish a task or goal and it is what keeps us working towards that destination. Every person is motivated for different reasons, even if they are working towards the same goal. For people who are intrinsically motivated, they have the power from within to make changes and work towards their goals. They do not need outside forces to help them achieve their dreams.

Some people are motivated by extrinsic reasons. These are those that need other forces to make them achieve their goals. It may be money, praise or other rewards. Most people are motivated by a combination of the two. The way to accomplish your goals is to find what motivates you and work towards those goals.

The first technique in achieving your dreams is to make goals for yourself. If you write down the steps you need to achieve to reach the end result, it will be easier for you to take those steps one by one. Visualize your goal through writing or by pictures. If you want to lose weight, use a journal to write down each step you will take every day to accomplish that goal. Find a picture of a dress or a bathing suit you want to be able to wear and visualize yourself in it.

This technique can even work for smaller goals such as cleaning out a closet. Write down the steps you will take and tackle one or two small steps each day. Find a picture of the way your closet will look when you are finished and hang it where you can see it. Visualizing your goal will help you see what you want to accomplish and will help keep you motivated without bogging you down.

Next, you can use support to accomplish your dreams. Tell everyone around you what you want to achieve and surround yourself with positive people that can encourage you each day to reach your goal. If you want to stop smoking, talk to others that have gone through that process and they can help you through your toughest times. Stay away from those that may encourage you back into your old thought patterns.

Another technique you can use when you want to accomplish your goals is to reward yourself. Rewards can make almost anyone motivated to work on a task. After you have finished cleaning out that closet, reward yourself by buying a nice storage system for the closet. You can also help others as a reward. When you lose weight, donate those old clothes to a shelter.

Or, if you stop smoking, use the money you would have used for cigarettes and start a savings account for your kids. You will feel motivated by rewarding yourself and others and know that you have helped yourself and those around you in the process.

You can also help yourself achieve your goals by setting up a timetable and work within that period. For long-term goals, you may not be able to accomplish them in a few days. Some achievements take weeks or months. Have a reasonable time frame in mind and work a little every day to get to the end result. When you accomplish one step towards your final goal, mark each day off your calendar

Last of all, when you are working hard to accomplish your dreams, you can stay motivated by having realistic expectations. Understand that you might have setbacks and try to not stress yourself over these bumps in the road. Achieving your goals will not be easy and if you get frustrated with setbacks, you are more likely to give up. Keep working on your goals and do not beat yourself up if you have one bad day. Stay motivated and just vow to pick up the pieces and continue the next day.

Get Motivated and Stay Motivated

Getting motivated to accomplish a goal may be easy, but it is staying motivated that we often find difficult. Staying on task, or motivated to reach a goal can be a long process and can be frustrating if you do not take the time to accomplish the short-term goals first. When you have a goal, no matter what it is, you can take steps to ensure that after you get motivated, you stay motivated.

Most people set certain goals for themselves. Maybe it is to get in better shape or maybe it is to go back to school. Whatever goal or dream you have, motivation is sometimes hard to come by. Motivation takes not only hard work, but it also takes dedication, willingness, and drive. Many people start out strong when they want to accomplish a goal, but soon find that it is not always easy to stick to the task.

Since everyone is motivated by something different, it will be important to find what it is that motivates you personally. For some people, who are motivated from within, motivation comes from that inner voice that pushes them to work harder and do better. Others need outside factors to push them to their goals. For those people, there are things that can be done to get motivated and to stay motivated no matter what goal you are working towards.

One thing that can help keep you motivated or can get in the way of keeping you motivated is just life. If you are busy, you may tell yourself that you do not have the time or the means to stay motivated. This is especially true for anyone that wants to get in shape or lose weight. We find ourselves making excuses because we are too busy or cannot find the time to exercise or eat right. In addition, we may find that the snack machines at work are just too tempting during the day to turn down.

Maybe we find that we are too busy to cook a healthy meal and instead find a fast food drive through. When you think your life is too busy to achieve your goals, you need to take the time

to rethink. You can stay motivated if you can reorganize your priorities and your life to reflect your goals and dreams.

Another good way to stay motivated is to find a dedicated partner who is willing to help you through your hardest times. Find someone; whether it is your spouse, friend or neighbor that you can talk to when the times are hard. Maybe you can find a friend that also wants to get in shape or eat better.

Work with that person to find a routine that works for the both of you. When you know someone else is depending on you, you will find it is easier to stay motivated to accomplish your goals. Find a partner that shares your willingness and dedication and will work to push you to stay motivated.

You can also stay motivated by hard work. When you see how far you have come when you are working towards your short-term goals, you will see that you can accomplish your goals. This will help you work hard and stay dedicated and motivated. It is not always easy to work hard towards something that is difficult, but when you believe in yourself and work hard it will be easier. When you work hard and see results, others will notice. Those compliments will go far in helping you stay motivated day after day.

Another easy way to get motivated and stay motivated is to use uplifting music during your work. Maybe you are trying to clean your house or walk two miles day. Invest in a good portable music system, such as an MP3 player and fill it with music that will keep you moving. Even when you are not actively working on your goals, good music can help you think about what you want to accomplish and keep you excited about the next day.

When you work hard and dedicate yourself to accomplishing your goals, you will have the ability to stay motivated. Think about your goals and work with a partner, organize your life to accommodate your goals and stay dedicated. Almost any goal can be accomplished when you are motivated.

Get Mad, Get Motivated – The Ins and Outs on Motivation when you're Mad

Motivation comes in many different forms. Motivation is the reason why people do what they do. Without motivation, many chores and tasks would be difficult to accomplish or achieve. Some people may be motivated from within and outside sources to aid them in achieve their goals will not be needed. For others, things like rewards, praise and benefits are the reasons why they are motivated in the first place. Anger is one emotion that can also aid people in becoming more motivated when it is used in a positive way.

For many people, getting mad is the start of motivation. For example, if you are on a diet and gain weight instead of losing, you feel angry. This anger can often motivate you to try harder and work more to accomplish your goals. If you failed to get a job you really wanted, you may feel angry enough to do something about it, such as getting a better education. Anger can be either good or bad for motivation. It is important to stop and think about your actions when you are angry so that poor choices are not made on the spur of the moment.

When someone is motivated to make changes or to do something because he or she is mad, it can cause drastic changes. Everyone experiences anger in their home lives, at work, and even on the roads driving in the car. When you are able to understand your anger and the anger of others, you may be able to channel that anger into something positive. Anger is a powerful emotion and with that energy, you can use it productively. It could even be possible to help motivate others when they are angry.

With the right focus and energy, it is possible to use anger to handle conflict productively, recognize what angers you and why and use that for motivation. Anger can make it very difficult for people to stay happy. It can also make marriages and family life miserable.

When people harbor anger, it can destroy every kind of relationship in a person's life. In addition, anger leads to stress. When you have learned to turn that anger into beneficial motivation, you can break the cycle of anger and help yourself and others around you.

The first step in turning your anger into positive motivation, it is important to understand why you are angry. When you understand the source of your anger you can turn that into positive energy. For example, if you are angry because you cannot lose five pounds, you can use that to motivate yourself into trying harder, eating right or even exercising more.

Anger alone will not help you process information efficiently. It will also prevent you from realizing the real reason why you are mad. As soon as you understand that, you can work to make a difference in your own life and the life of others.

The next step in turning your emotions into motivation is to stay focused. You will need to remember why you feel upset and set goals to help you achieve your goals. When people use their anger as positive motivation, they also need to remember what their initial goals are. This is especially important when tackling a long-term goal such as cleaning out a house or when you want to stop smoking.

It is often beneficial to make a list of goals and keep them handy when you are feeling frustrated. Marking off your small achievements on your list can help you actually see what you have accomplished over a period of time. Many goals will take a long time to accomplish so it is important to not become frustrated and take your time when you feel motivated.

One thing to remember when you are angry is to use your energy for positive motivation. It is best to stop and think about any decision you will make when you are mad. Many bad choices are made when people feel upset or angry. The goal to using your anger as motivation is to find positive ways to channel that energy. When people become angry and act on the spur of the moment they can harm themselves or others.

Motivation comes in many forms and when you feel strong emotions, you can often motivate yourself. Using anger to benefit yourself when you need motivation can help you let go of anger and benefit your life in more ways than one.

If You Are Challenged, Motivation Will Come

Motivating yourself to do something can be difficult. Whatever it is that you need to get yourself to do, it takes work. It can be challenging to get your self in the mood to tackle large tasks or jobs. Breaking down your jobs into smaller steps, keeping track of your chores and building a sound support system are just a few ways to stay motivated. The next time you find yourself challenged for motivation, try the following suggestions.

If you set goals, you will find it is easier to motivate yourself. Maybe you are trying to loose weight or exercise more. Maybe your ultimate goal is to organize you house. Whatever it is, set goals, and make sure to write them down.

By seeing your goals written down in a list, it may be easier for you to tackle one at a time. Sometimes big goals will take small steps to reach the end. As you complete one goal you can then cross it off your list. Seeing what you have accomplished will help you stay motivated to keep working towards your goal.

In order to stay motivated, try to get excited about your goals or job that you need to accomplish. Washing all the windows in the house or doing twelve loads of laundry certainly does not sound exciting, but think about the positives. Think about how accomplishing those goals will set your mind at ease and leave you free to do the things you really want to do. Focus on the feeling that the end result will give you and work towards that.

If you are trying to stop smoking, keep in mind how much money you will save on cigarettes or how much better you will smell when you do not smoke. With those ideas in mind, it is easier to stay focused on your goals.

Find what you love to do and try to incorporate that in accomplishing your goals. Maybe that laundry is not what you love, but some good music can get you going. Or perhaps, losing weight is difficult, but you know you love walking the dog for exercise. Knowing what motivates you is the key to keep you going when you are working towards a certain goal.

When you are challenged in motivating yourself, try to build a support system. Your friends, family and supportive co-workers can all help you stay motivated. Surround yourself with those that can give you pep talks and talk you through the rough times. You can even check into web-based communities that can offer you a lot of support while trying to reach your goals.

Another good idea for keeping yourself motivated for a task is to set a timetable. Take steps to accomplish certain parts of your job in a certain amount of time. If you need to clean out the closet, you may not be able to do it in only one day, but you can do it in small steps. Maybe go through all the clothes in one day and go through the shoes the next day. By setting a timetable and sticking to it, you are less likely to become overwhelmed when you have a big task ahead of you.

In addition, when you are feeling challenged and need motivation, think about the future. Consider how you would feel later in your life if this particular goal is never reached. Is this something that you feel strongly about accomplishing for your life's goals? While cleaning out the closet may not affect your life long-term, maybe getting those boxes of pictures organized

will. Perhaps you will feel like a failure if you never finish writing that novel or never get your degree. When you think about your goals long-term, you are more likely to feel motivated to accomplish your goals.

Last of all, it is important to reward yourself after you have accomplished your goals. If you lose twenty pounds, reward yourself with a new dress or pair of jeans. After you spend weeks getting your house organized, celebrate by having company over. It does not matter what you choose to reward yourself with, but knowing that something good waits for you after a long task will help you focus and stay motivated.

Keep Your Eyes on a Goal to Stay Motivated

What will keep you motivated toward your goal? The answer, keep your eyes on it. Never lose sight of what you are working toward. Look at the picture and the reward you will reap when you finally reach your goal. Goals seem so far in the future and so hard to reach unless you break them down into small steps that allow you to track your progress.

Action creates motivation, so if you want to stay motivated, stay actively working on that goal. The more you work on it, the more motivated it keeps you. In addition, remember, there is an attractive prize at the end, whether it's weight loss, better health or a project you want to accomplish.

Setting goals in small steps can keep you motivated to continue toward the big project. Make the goals so they can be charted and you can watch the progress of what you're working toward. Make concrete goals that are measurable. If you're writing a book, set a goal to complete a chapter a week, or a day if you have the time to do it. Set a goal for the month such as I want to write 15 chapters this month. At the end of the month, you can look at your manuscript and see if you made your goal.

If you did, make it a little higher for the next month. Stretch yourself but be practical. If the coming month has two holidays, three birthdays and two public appearances, then cut back on the goal so you can reach it. If your goals are set too high, it can be frustrating if you are not reaching them and you are more likely to give up. They also shouldn't be too easy, a challenge will keep you motivated to keep typing away on those pages with the end of the book in mind.

Are you having fun while working toward your goal? We need a break from a project, even if it's something we want with all our heart. If you are working on a weight loss and exercise goal, vary what you're doing. If you always use a stationary bike each day, why not change the routine and map out a mile or two to walk in your neighborhood.

They say variety is the spice of life and it can keep your motivation going if you change your timetable around a little bit. Are you used to studying or writing in the evening? Try waking up early in the morning and spending quiet time before the busyness of the day takes over.

Involve your friends and family in your project. You are more likely to stay motivated if you have told someone what your goals are. If you are exercising or walking, find a partner. It will

make it much more probable that you will continue to walk at a specified time and go to the gym. If you fail to show up, your partner will motivate you to come the next time. You are held accountable to someone else. If you are working alone, if you decide to not exercise or not write, you will only have yourself to shake things up and give you the push you need to get started again.

Don't let discouragement take your eyes off the final goal. Sure, if we're dieting there are going to be times when we fall off the eating plan. Instead of getting mad or discouraged, simply accept it as something that happens to everyone and go on to the next day. Don't get down on yourself or feel guilty or ashamed.

Enjoy that dessert and remind yourself of the bigger goal of being in the perfect bathing suit by summer. Have you not worked on your graduate thesis for a week? Enjoy your time off, remember what you're working for, and work harder when you start up again.

Expect to reach a point when your plateau on a weigh loss program, get bored with the great American novel you are writing, or get tired of depriving yourself of some wants to save for that dream vacation. When you reach that point, accept it, know that it happens to everyone and if you don't allow discouragement to set in, you can soon pick up where you left off.

Don't beat yourself up if you don't make your goals, set new ones, and keep your eyes on the final prize, that one big goal you have been working for and then enjoy your life.

Make Believe Motivation – How to Make Your Dreams a Reality

Everyone has dreams that they choose to share or not to share with those around them. Many people sit in awe of those few individuals that make their dreams a reality. The truth is that everyone has the ability to make realistic dreams a reality. Now, there is really no way to bring people back from the dead or to create a new aged dinosaur, but other more logical dreams can be created with the proper motivation. Use these tips to help your dreams become reality.

Allow Yourself to Dream

As children we all allowed ourselves to dream endlessly. When you begin maturing however there are always those negative individuals that will tell you that dreaming is not wise. These are often the same individuals that are stuck in jobs they hate who will never pursue their dreams. The first thing you have to do to make your dreams come true is to allow yourself to dream. When you allow yourself to dream you are telling yourself it is fine to think about what "could be".

When you think outside your normal reality, people may think you are a little crazy. Whether or not you share your dreams with those around you, know that dreaming does not make you crazy. It does allow you to begin the journey however. So, if you really want to be happy in life, allow yourself to dream and you will be able to find what it is that would make you happy.

Create Your Own Destiny

The number one thing to remember when you must create your own destiny is to take risks. When you want to follow a dream, you will most likely need to take risks in order to do so. You will have to go outside the box in order to do this. You might need to make a major life change or even move to a new location. Whatever risks you need to take however will be for the good of your journey. This is the phase in which most people lose track of their dreams.

Thinking up dreams is an easy task. Having the nerve to follow them is an entirely different thing. If you have enough guts to take these risks, you will be much closer to your dream than when you began. Remember however that taking risks does not mean you should act spontaneously. If you are considering a major life change, you should always think it through before committing to it.

Believe It until It Happens

Sometimes it is difficult to believe that you can make your dreams come true. Often fear of failure takes over and corrupts the entire plan. The third thing you need to do to make your dreams a reality is to believe in yourself. Now, this is much more than just having self-confidence. This is about knowing in your heart that what you are doing can work out. If you believe in the dream enough and are willing to do whatever it takes to make it a reality, then you will be a success. It may not be an easy road, but the rainbow at the end will be worth the effort.

If you come to a point where it just does not look like you can muster up any more motivation, you should keep on believing. Pretend that everything is working out and that life is great to get through the difficult times. When you pretend to be positive, sometimes positive things come to you. So, try to keep your dream in focus as you go through the ups and downs of making it a reality.

Making your dreams into a reality is for brave people only. If you think you have what it takes to be a success, use these tips to help you along your way. Remember that success is only sweet if you work hard to get it. It is possible to make your dreams come true, if you are willing to allow yourself to dream, take risks, and believe in yourself. If you don't have the courage to do these things, your dreams will stay just as they are: dreams. If you take on the challenge however, you will find that anything is possible.

Map out your Motivation – How Writing Things down Commits You to Success

Motivation can be difficult to come by when you are too busy to even take a break to have lunch. Today's lack of motivation is one product of overfilled lives. The thing is that some people have lives so jam packed with activities that they cannot be successful with anything. You should always be sure that what you choose to spend your time with should be an important part of your life or the lives of your family.

If the events are not important, they should not be pondered upon and should not take an extensive amount of your time. Sometimes writing down what we need to do and what we would like to do will help weed out the important things from the unnecessary things. You can write things down in order to organize and commit yourself to success. Use these tips to help you along the way.

List Makers by Nature

Some people are list makers. What this means is that some people work best when they make a daily or weekly list. There are list makers who utilize their lists daily and there are list makers that don't even know they are list makers. The "closet" list makers are typically those who make mental lists and use them throughout the day. Lists are a great source of motivation however.

When you write something down on your "To-Do" list, then it means that it is important to you. You will be motivated to continue on your list until it is complete because each time you cross an item off of your list, you will instantly be reminded to do the next task. A list is great because most people fill a sense of satisfaction when they cross things off of their list. This satisfaction is a motivator as well. When you feel satisfied by doing something, you want to continue to do it until you are done.

Making Plans with Others

If you have little motivation to make plans with others, even though you know you need to spend more time with family and friends, you should write your plans down. Making plans with others is something that many people push out of the day until it is too late. Then they wonder why they have trouble maintaining relationships with those around them. A great way to make plans and commit to building successful relationships is to plan a get together.

When you do, send out written invitations. Even if it is simply a cookout or a small party, by writing down the commitment and sending it out, you will be more likely to follow through. If you don't want to host anything at your home, you can always invite others to join you for dinner somewhere else. Try sending out something of this sort at least once a month to maintain friendships in a more successful manner. Even if your friends can't make it, they will know you are thinking of them.

Marking Your Calendar

Using your calendar is a great way to commit yourself to being successful. Write any important events on your calendar. Then write goals you have for yourself and choose realistic dates to motivate you to meet them. Look at your calendar daily in order to stay motivated by the things you write on it. This will motivate you to keep your goals in mind and help you remember to follow through on them. You can keep a small calendar in your pocket for more personal goals or you can use a wall calendar for a better view.

Even though it may seem pointless, writing things down will commit you to success. You will be more focused and apt to follow through with daily goals if you have them written down as a reminder. You will be able to be more productive knowing what you need to do. If something

is written out for you, there will be no room to make excuses for yourself. If you have trouble finding motivation, try these tips in order to easily make a daily plan you can follow. Make lists, use calendars, and send invites in order to complete what you need to finish.

50% Motivation and 50 % Goal Equal 100% Success

If you are looking for a way to be successful in whatever you do, you may be struggling to find the best formula to help you do so. The truth is that it takes two main components in order to be a success in anything. The first component is motivation and the second is goal setting. In order to be successful, you need to have a balance of these two components.

Without one, the other is useless. There are many people who are great at setting goals and then follow up with no motivation. They tend to get confused when they rarely meet their goals. It can be difficult to have the right balance. If you are someone who wants to be a success but will continue to get lost along the way, read more to figure out what you can do to get on the right track.

Finding Motivation

Motivation is a difficult thing to stir up on your own. We are often motivated naturally to do things. For instance, when we are hungry, we are motivated to find a place to eat. When someone says they lack motivation, they are not being honest with themselves. Everyone has motivation inside of them. The difficult part may be funneling your natural motivation supply to specific goals you have in mind. Once you know how to motivate yourself, you will find it easier to stay on task.

Each person can be motivated in a different way. Some people work great on a reward motivation system. In this system the participants reward themselves each time they meet a goal. If you are trying to lose weight, then you can reward yourself with a new outfit each time you meet a goal in your plan. If you are trying to spend less, you can reward yourself with a night out each month you follow your budget exactly. Many people respond well to this type of reward system, especially if they were raised in a home that practiced the same system.

Setting Goals

Along with finding your motivation, the other equally important aspect of being a success is learning to set goals. The most important thing to remember when setting goals is that you should always set realistic goals. Be aware of your capabilities. It is fine to push yourself a little, but if you create goals that are not realistic, then you will likely give up trying to meet them. Often people who set unrealistic goals are capable of the goal itself, but are exhausted at trying to reach it all at once.

With many goals, like weight loss goals, you should break them up into smaller goals. You can work on part of the goal at a time. For instance, if you want to lose 100 pounds, it can be difficult to stay motivated with that huge number in mind, especially when the average person can lose a few pounds a week. Try setting a weekly goal of losing two pounds. If you exceed

that goal then you can celebrate, but you may find that each goal is right on target. The less pressure you put on yourself to succeed, the easier it will come.

When you do set a goal, make sure that you are constantly reminded of your goal. You can tell those around you of your goal so you will feel accountable for following through. You can also create notes to post around your home, office, or car in order to help you keep on track.

No matter what your goal is, it must be remembered each day. As creatures of habit, we can easily train ourselves to be successful and meet our goals. When we are constantly focused on the goal at hand, we will be better able to do so.

When you put 50% motivation and 50% goal setting into something you can guarantee you will succeed. Remember that everyone has the ability to be motivated. Each person may require a different technique, but we can all be motivated just the same.

Also, be sure to set goals often. Reasonable goals are those that you are capable of meeting. Never push yourself too hard with your goal or you might risk getting burned-out and quitting. Creating a balance between motivation and goal setting is the key to all success however, so keep trying and you will get it right!

Motivational Missteps – How to Avoid Misguided Motivation

Misguided motivation can cause as much damage as positive motivation. Misguided managers and business leaders can use motivation as a positive or negative means of getting the wanted performance for their employees. Managers are often caught in the middle of being the buffer zone between upper management and employees.

I'm concentrating on the business aspect of motivation because I have been on both sides. I've been a manager and I've been a team member working with a manager. The manager I liked working for was a positive motivator. Motivation is related to our emotions. When I came in to work and there is a little note on my desk, thanking me for the extra effort I put in the day before, I tried to stay at that level of production. I accepted the effort it took to leave the note, and I appreciated that I was recognized as a valuable part of the team.

On the other hand, I also worked for a manager that was constantly standing over my shoulder ready to catch me in any little mistake. I felt I was under a constant microscope and dreaded coming to work each day. This in turn, led to physical and emotional problems that made the situation even tenser.

Managers that hold threats over their employees are convinced they can make their employees more productive by using threats of job loss or loss of opportunity to advance. These negative motivators may work for a while but in the end, they will fail. A manager may not think they are using misguided motivation but what is important to remember is how the employee hears what the manager is saying.

The manager may think they are being conversational but the employee has been conditioned to hear only negative speech, and so they will hear only negative speech coming from the manager.

Threats are a misguided motivational tool. The manager I had difficulty with would always end our "guidance sessions" with the words. "Any repeat of that action could be used as cause for your dismissal." Wow! Do you think that motivated me to come to work the next day? What it did was put more pressure to perform to standards that were unrealistic and add even more stress to my work situation.

Threats can come down from a higher level and its then up to the manager to challenge their employees to rise to the occasion with positive motivation. Threats that are collectively targeted to the entire workforce more often will have a negative effect than a positive one. Threats of withheld bonuses, pay cuts, and shortened hours resulting in smaller paychecks are demoralizing.

Bonus programs can also be turned into misguided motivations such as annual reviews that decide if an employee will earn a bonus or affect their pay scale. Yearly reviews can be disheartening when you are listening to your manager or supervisor and they begin talking about something that may have happened six months or longer before your review. Those items should have been addressed directly and immediately. Waiting for an annual review can discourage employees and have a negative effect on their future performance.

Usually threats are subtle and can be hinted at during a conversation. Managers should be careful to not attack an employee personally. This not only creates strife in the workplace but stress for the whole team. In my case, my manager finally took a small infraction of a "standard" and used it to skip disciplinary steps and fire me. Fortunately, I was a union member and the union did get my job back. I asked for a different manager as a condition to coming back to work, and from then on, had no other problems with work performance or sickness keeping me from work.

Opportunities motivate, threats won't. You can move your employees into a more positive work environment by opening opportunities instead of pushing the negative all the time. A good supervisor doesn't have to be soft on their employees or a pushover. You can be firm but only take proper action when necessary. Most employees know that certain actions will cause notes to go into their employee file.

Once the policies are handed down to employees, they are then responsible for their own actions. If an infraction occurs, write it down in their file, and after positive reinforcement turns your employee around, note that in their file as improvement. Then, don't forget to give that employee a pat on the back and let them know that you recognize their improvement.

Good managing means good people skills. Actively listening to what your employees are saying and being tuned in to their emotions and feelings can go a long way in making you a manager that employees enjoy working for.

Staying motivated is not always easy no matter what you are trying to accomplish. For those that are trying to get fit, motivation can even be harder. Whatever it is that you are trying to get motivated to do; there are a few tips that can help. You can stay motivated to accomplish almost any goal.

Visualize and imagine your goals: When you have the ability to see your goals and imagine what the end results will be, you are more likely to stay motivated. You may feel more motivated by a picture of what you are working towards or need a daily visual reminder of that dream vacation you are saving money for. By keeping a visual picture in your mind and imagining yourself at your end result, you can stay motivated to accomplish any goal.

Reward and treat yourself: Staying motivated can be easier if you take the time to reward and treat yourself when you reach small milestones along the way. If you are trying a new fitness plan, try to reward yourself with a new pair of gym shoes or maybe new workout equipment. Knowing that there is something good along the way to your goal will help keep you excited about achieving your goals and you will stay motivated.

Watch a movie or listen to motivating music: You can get excited and motivated to reach your goals by watching a motivating movie or listening to music that will get you pumped about your goals. Look for movies that will help you see others work hard to reach their own goals. You will come out of the movie feeling ready to get busy and accomplish your goals. Music can also help you stay motivated. If you want to walk more, invest in a good portable music system and listen to upbeat music to keep you moving.

Set small goals and take a break: Whether you are working towards saving money for a new house or trying to eat healthy to lose a few pounds, set small goals for yourself and take a break every once in awhile. By setting small goals, you will not feel too overwhelmed at one time. You can work on each step that will equal to big results in the end. Also, if you do get overwhelmed, take a break. Achieving your goals will not happen overnight. If you feel frustrated, take a day off and rethink your plans.

Find a partner and do it for yourself: You can accomplish anything if you do it because you believe in yourself. If you work on a goal because you believe you can do it, it will be easy for you to stay motivated. While working on your goals, if you do need an extra push, find a partner who can keep you on track. You may have a friend who wants to lose weight or get in shape, too. Work with that person to motivate each other when your own motivation starts to sag.

Prove them wrong and impress others: Everyone is motivated for different reasons, but one way to stay motivated is to remember all the times someone told you that you couldn't do it. Prove the negative people around you wrong and accomplish your goals to show them you can. While you should never try to live your life for the approval of others, your motivation may improve when you try to impress others. Feel good about what you can do, and others will notice the hard work.

Do it because it is fun and you want to do it: You may want to achieve a goal that you find very difficult. It may help to stay motivated by finding something fun about what you are doing. Achieve your goals because you want to do it and not because others want you to. When you find intrinsic motivation, it will be easier to focus on your goals.

Take advice and help others: Talk to others who have worked hard to accomplish the goals you are working towards. Listen to what they have to say and take their advice. For people who have already been there, they can offer valuable advice and this should help you stay motivated. Also, help others while you are accomplishing your goals. If you know someone else is depending on you, it will be easier for you to stay on track.

Change your routine and do it for your health: This can apply for those who are trying a new fitness routine. Schedule time for workouts and start cooking healthier meals at home. Achieve your goals because it will make you healthier. Anything you can do to make your goals easier to accomplish will help you stay motivated.

Compare and critique: When you compare your goals to others and find what worked or did not work for them, you can stay motivated because you will find what will help you. Look at others around you and see the mistakes they may have made and try to keep yourself in line by not making the same mistakes.

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