

5 SECRETS TO MAXIMUM MOTIVATION



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Secret 1: Motivation Is Created in Your Mind

Where does motivation come from? What makes one person productive, motivated and successful and another lazy, unproductive and unsuccessful?

The difference is in how they think. The productive person sees the world in a way that empowers them to be more, do more and have more.

The lazy and uninspired person sees it as all too hard, or defeats themselves before they begin by telling themselves a million ways why it won't work, or why they can't do it.

Your life experience becomes what your mind chooses to make of it.

Firstly, you need a goal or an objective that excites you at the mere thought of it.

When you have that idea in mind, focusing on the benefits you'll derive from it's accomplishment and the pleasure you'll experience as you move towards it fuels your enthusiasm and drives you to keep going.

But it's not that straight forward. Every person has their own unique model of the world. Ten people can all witness the same thing and give you ten different accounts of what they saw.

People have different "triggers" that motivate them. Think of the Wall Street trader whose primary motivations are money, prestige and power.

Contrast our Wall Street friend with a musician, who's motivation is making beautiful music that touches people, mastering her craft, and co-creating with other musicians.

Of course both might have motivational overlaps (the trader also wants to master his craft, and the musician wouldn't mind being paid to make music), but the point is that different people are motivated by different things.

You need to discover what motivates you. Don't blindly accept what society tells you you should be motivated by.

You can spend your life chasing what you think you should want only to get it and find yourself utterly unfulfilled.

Your mind is your greatest ally in your motivational arsenal, as well as your greatest enemy.

Your life experience becomes what your mind chooses to make of it.

You can turn a very mundane task into an opportunity to improve yourself and your skills, and you can turn a great opportunity into an absolute flop, depending on how you choose to view things.

Most people represent thoughts in their mind as a visual display. If your mental picture is dark and gloomy, static and blurry, your motivation to act won't be there.

When that same picture in your mind is bright and sharp, with movement and sound, your motivation rises substantially.

Take a task you know you have to complete, make a picture in your mind of it and change it from dark to bright, blurry to sharp, static to moving ect and you'll find this is true.

How you choose to see the task at hand, in your own mind, determines the level of motivation you feel about it.

The following action steps will give you clarity about what you want, why you want it, and your key motivating factors for pursuing it.

You'll also better understand your own personal motivation hierarchy, and how you can better align your goals with your primary motivating factors.

Action Steps:

1. Think about what truly motivates you. Write it down in a blue pen.
2. Write about your goals and what you want to achieve in your life.
3. Take a new sheet of paper and for each goal write;
 - a. Your ideal outcome (of having the goal)
 - b. Why you want it (what's motivating you to pursue it)
 - c. How your life will improve when you have it.

Secret 2: Your Emotional States Can Be Controlled

Human experience is for the most part automated. You have hundreds of thousands of individual automatic processes operating inside you simultaneously, flawlessly, and largely independent of your conscious mind.

Blood flow, body temperature, heart beat, digestion, all happening inside you as you blissfully go about your day, unaware of the complexity taking place within you beneath your realm of consciousness.

Our emotions too, can become automated. The nervous giggle in an awkward moment, the angry response to something we don't like, the feeling we're not good enough when rejected by a potential lover.

Emotional responses fire automatically, often to our regret. What if you could control your emotional states?

What if you could turn off anger and switch on motivation? How would having that ability improve the quality of your life?

The good news is you can. Your emotional states can be controlled, and instead of acting out your life on autopilot you can choose how you want to think, feel, and react. But how?

Whenever you want to quit a habit or a behaviour you need to have a substitute habit/behaviour to replace it with.

The first step is conceptual. Think of an automatic response you have that you want to change. Let's use screaming at your kids as an example.

Picture in your mind the very situation that would cause you to scream at your kids, but instead, see yourself calmly explaining why their behaviour is unacceptable, and even laughing about it with them.

Not only will your kids be a lot more receptive to you when you take this approach, but you'll save yourself the stress and all the implications that come from it.

Not least to say you'll have a better relationship with your kids, and feel better about yourself.

You then need to (at first) consciously apply this reaction when the situation next arises.

You might catch yourself at first, but after a few times the new response creates a neural pathway in your mind and becomes automatic.

What if you could turn off anger and switch on motivation? How would having that ability improve the quality of your life?

Physical movement is another weapon in your arsenal. Ever felt like absolute s**t, then walked into the gym and started working out?

How did you feel when you were done? I'd bet my annual income that you felt a lot better than when you walked in, if not damn near amazing to be alive!

The more you move your body, and the more intensity there is to that movement, the more serotonin your brain excretes and the better you feel. The term "natural high" comes to mind.

When you feel yourself in a negative state go for a walk, workout, shake your body out and change your posture.

Your mind and your body are part of the same system and work in unison to create your experience of reality.

In moments you find yourself sinking into a state of negativity, pause for a moment.

Realise how ridiculous it is that you should let this bother you. Laugh at yourself at how seriously you're taking yourself and the over importance you're giving this one event that you probably won't even remember a year from now.

The process is called "reframing". You choose to see the situation from an entirely new, more empowering perspective, thus putting a new "frame" around your experience.

Action Steps:

1. Select a few negative emotional states you experience on a regular basis. Write them down in blue pen
2. Identify the triggers that cause you to indulge in those states and write them down also
3. Choose new, more empowering states you want to replace your old limiting ones with
4. Write down the process you'll use next time you get triggered, to move yourself from your old, negative state/response to a more effective and optimistic state/response.

Secret 3: The Art of Strategic Selfishness

Mastering anything takes practice. Your emotional states are no different. When was the last time you took time out for the sole purpose of investing into yourself?

Living in a modern society has innumerable benefits but it also has a few traps.

There's so much going on around us, so many expectations hoisted onto us by society, the people in our lives, and ourselves, we're too busy spinning plates to attend to our own well being and inner peace.

How many times have you seen the stressed out parent, doing everything they can to make the people around them happy and content, but leaving themselves stressed and exhausted?

At some point in time the term "selfishness" took on a negative connotation. People say "don't be selfish" as if it's a cardinal sin.

In fact the definition of selfishness means "concerned chiefly with one's own personal profit or pleasure".

When you think about it like that, is there any other way you'd want to live?

How can you give your best if you're not at your best? If you don't take the time to invest in yourself and become the best version of YOU that you can be, how do you expect to be any good for anyone else?

Enter the concept of strategic selfishness.

You're not being selfish because you don't care about other people, you're being strategically selfish because you want the best for yourself and the world around you. The people closest to you are the ones who benefit the most.

So how does strategic selfishness affect your motivation? It lets you design your life instead of being held hostage by it.

It recharges your energy and lets you reset so you can be more productive and add more value to the world around you. And it allows you to create a life path that excites you instead of being locked into an endless cycle of predictability and mediocrity.

Some people might want that, but I assume if you're reading this book you want a whole lot more out of life. You don't only want it but you demand it of yourself.

You know there's more to life, and you know you have infinitely more potential than what's currently on display.

Put the focus on you. What do YOU want? What would make YOU happy? And how are YOU going to go about improving YOURSELF and YOUR life?

That's what strategic selfishness is all about. Answering these questions and living them everyday.

How does strategic selfishness affect your motivation? It lets you design your life instead of being held hostage by it.

When you allocate a portion of your time to focus on yourself, for the sole purpose of becoming a better human being, your motivation skyrockets as you clarify your vision and take the necessary actions to bring that vision to fruition.

When a person has no hope for the future their motivation is crushed. Look in the eyes of the people you pass each day on the street. This is the state many of them live their lives.

Applying strategic selfishness has the opposite effect. Your motivation soars and you become more determined than ever before.

Challenges don't seem so challenging anymore, and you become a better person, benefitting you, the people you care about, and your society.

What could be more motivating than that?

Action Steps:

1. Make a firm decision to implement strategic selfishness in your own life on a regular basis
2. Treat yourself. Choose something YOU want to do, and do it
3. Take your goals and choose the two most important to focus on first
4. Identify the best way to invest your time (new skills, knowledge, forming better habits)
5. Make a detailed plan and write it down in a blue pen, decide the first action you'll take to get started, and get it done.

Secret 4: Use Setbacks as a Motivation Mechanism

People often begin new tasks full of enthusiasm and desire, yet become deflated and lose interest when they encounter their first round of setbacks.

Their interest wanes and they give up on what could have potentially been a massive success.

The secret to overcoming inevitable challenges and setbacks is to learn how to use them to fuel your motivation, rather than crush it.

When life pushes you, push back harder. The human mind is designed to solve problems and in fact, it can't thrive without having problems to solve.

Just as a bicep grows stronger with each rep of increased intensity, so too your mind grows stronger with every problem and setback you overcome.

Use your setbacks to identify the weakest links in your current strategies and highlight areas for improvement, making you more effective (and successful) in the long run.

Motivation comes from tackling tasks that aren't too easy, but also aren't impossibility difficult. You have to stretch your capacities to force yourself to grow.

The secret to overcoming inevitable challenges is to learn how to use them to fuel your motivation, rather than crush it.

The most successful and motivated people have often experienced devastating setbacks.

Always take potential problems and failures into account when assessing your course of action and manage the risk as best you can, but don't let them stop you from taking action.

When I began my trading career I remember my first ever trade. I lost \$5,000USD in about 15 minutes. I opened the position and within 30 seconds it started to move against me.

Did I cut the loss and close the trade? No. I sat and watched it go to zero. I didn't have a lot of money at the time so this loss was a devastating setback for me, not only financially but emotionally and psychologically.

I could have quit. I wanted to quit. But something inside me knew that if I could figure out what I did wrong (which was everything) and not make those same mistakes again, my future results would improve.

The rest is history, but that setback (and numerous others) fueled my curiosity and desire to learn.

Remember the concept of “reframing” from an earlier chapter? Apply that same concept to your setbacks. Reframe their meaning so they motivate you to keep going, rather than giving you an excuse to give up.

Action Steps:

1. Think of a challenge you're either going through now or you've recently experienced
2. Write down 3 valuable learnings you can extract from the experience, and how you'll apply those earnings in the future
3. Come up with 3 reframes for each challenge you're experiencing
Eg; If your partner left you they did you a favour, because now you can find someone better. If you're struggling financially see it as a practical education on how to better manage your money ect.

Secret 5: You Can Put Your Motivation on Auto-Pilot

Self concept, down time, right time, right place, laser beam save your motivation for your biggest goals, sources of energy and mental wellbeing.

The purpose of this e-guide is to act as a motivation manual. Absorb and apply the concepts presented here and you'll see dramatic improvements to your life in a short amount of time.

If in the future you veer off track, you can refer back to this guide to reset yourself and refocus on what matters.

But the ultimate goal you should be aiming for is to instill and embed these ideas so deep within your psyche that you don't have to consciously think about it to make it happen.

By repetition these motivation traits become part of your personality. When automated and unconscious in their application, you'll find things just start to flow for you.

So how can you automate your motivation triggers to get more of what you want and less of what you don't want?

It all starts with your mindset (download your free copy of “5 Secrets to a Champion Mindset” from our website reliablelifestrategies.com).

Your mind processes thoughts and ideas in pictures and feelings.

Every day bombard your mind with images of who you want to be and the type of life you want to live.

The images you repeatedly bombard your mind with act as a target, your mind being the missile.

Once your mind accepts the images as your primary objective, it will do what it takes to accomplish that objective.

But your mind won't do it all for you. You have to put in the work and be an active participant.

Every day bombard your mind with images of who you want to be, and the type of life you want to live. Then take action!

Your images should be so meaningful and important to you they recharge your motivation spikes when you picture them.

See yourself everyday doing the work, making progress, and accomplishing what you set out for. Stay in motion, keep moving, and never stop taking action.

Over time, if you consistently apply the principles in this guide, your results will far surpass your expectations.

Now you know what to do it's up to you to go out and do it!

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