



**THE
SECRETS OF
MOTIVATION
PART 2**

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- Table of Contents -

8 Ways to Instill Self-Motivation in Your Children	4
4 Sure-Fire Ways to Motivate Yourself to Accomplish Your Long-Term Goals	6
Why Self-Motivation is So Important for a Successful Life	8
5 Tips to Get Self-Motivated When You Really Don't Want to Do Something	10
6 Steadfast Ways to Motivate Yourself at Work	12

8 Ways to Instill Self-Motivation in Your Children

Although self-motivation cannot be taught, it can be encouraged. Teaching kids to develop healthy, positive habits at a young age is step 1 to instilling self-motivation in them. Before you groan and hair-pull at the thought of giving another life lesson, use some of these tricks to work with your kiddos on their self-motivation habits.

1) Keep Things Positive

Monkey see monkey do. If you're always optimistic, your kids will likely follow suit and develop a positive outlook on life.

2) Empower Your Kids to Do What Makes Them Happy

They may not want to do homework, but they have to. To counter the dreaded things, empower them to engage in their interests and try out new hobbies and activities. They'll thank you later for instilling a sense of balance in their life.

3) Teach Them to Be Persistent

If you only praise your kids when they win or succeed at something, they will lose sight of the fact that persistence is a key ingredient of self-motivation. Show them that it may take a few tries but that it's worth it when all is said and done.

4) Show them that Success is Possible

Your children will feel empowered to work harder and generate more motivation from within if they feel like success is within their reach. Don't give them freebies but offer them opportunities so that they will feel like they succeeded because of their efforts.

5) Accept and Understand their Learning Style

Not all kids learn the same way. If your kid has a unique learning style, he or she may sometimes feel like a failure for learning differently from others. Understand how your kids learn and reassure them that every learning approach is great.

6) Don't Forget to Celebrate

Kids love parties and celebrations of all kinds. When they show signs of being self-motivated, acknowledge that with a mini celebration.

7) Teach them How to Deal with Failure

Failure presents you and your children with a learning opportunity that can shape their work ethics. When your kids are hit with failure, teach them how to embrace it as a learning lesson – not defeat, but a goal to work harder for next time.

8) Encourage Their Interests

Kids are dreamers. They have unadulterated views on the world to the point that nothing is getting in their way sometimes. If they're passionate about something, empower them to pursue it. Show them that their interests are respected and should be nurtured.

4 Sure-Fire Ways to Motivate Yourself to Accomplish Your Long-Term Goals

Running a marathon is a classic example of accomplishing a long-term goal. We're not born to run 26.2 miles in a day; we train for that. All the events and moments that lead up to that marathon are steps in the process of training your body and your mind, because, believe it or not, our minds aren't wired to conjure up that much motivation. There's a plan for every long-term goal and a strategy in every goal-setter's mind. In order to motivate yourself, try out these four tactics:

1) Make Lemonade Out of Your Lemons

Take your negative situation and flip it around to something positive. When you get stuck, see it as a learning opportunity. When you have a bad day, look forward to the good day likely right around the corner. When you can't get any work done, make note of what derailed your motivation. You get the picture. Dwelling on the negativity won't get you anywhere.

2) Work Hard, Play Hard

Another cliché but so true! Hard work deserves rewards because without enjoying the fun in life, you'll get stressed and burned out quicker than you can imagine. If you want to love your work, you need to love yourself also. Take a break when you need to or turn your computer off for the weekend. Everyone goes about this idea a different way, so make it your own and stick to it!

3) Plan for the Unfinished Business

Sometimes you can't get around to everything, and that's perfectly okay. You're not a superhuman, and there are only so many hours in the day. If you leave the office with a pile of work on your desk, don't fret. Definitely don't think about it non-stop until you get back to your desk. It's natural to do this because you feel

like you'll forget something. So the next time you have a wheel of unfinished work spinning around in your mind, write down everything you need to get done. That way you can push it out of your mind and focus on the present moment, knowing you won't forget to do something important when you get back to it.

4) Strike a Balance Between the Big Stuff and the Not-So-Big Stuff

Details are your friends, but so is the big picture. It seems like in most groups of people, there are the ideators and the detail-lovers. That's a healthy balance. When it comes to your own motivation, you need to find that balance from within. If you find yourself getting hung up on the minutiae, try to take a step back and think bigger. Similarly, if you overlook the details, bring matters under your metaphorical microscope every once and a while.

Why Self-Motivation is So Important for a Successful Life

Happiness? Check. Successful career? Check. Great family life? Check. Sounds like you're doing fantastic!

You're missing a check, though – motivation.

None of these boxes would be checked without a healthy sense of self-motivation, so whether you realize it or not, you're probably pretty driven. Self-motivation is so important in life – here are a few reasons why.

1) Self-Motivation Renders Self-Confidence

That voice in your head that used to say, “I think I can” is now saying “I know I can.” The more goals you set and attain for yourself, the more confident you will be regarding your capabilities.

2) You Are Who You Surround Yourself With

People tend to pick their friends based on certain characteristics they have in common. Few people would like to spend time with self-deprecating people who complain and pity themselves all the time. The self-confidence you generate is contagious and can lead you to rewarding, motivational friendships.

3) Self-Motivation Creates Goals

Sure, you've probably reached goals set by your superior – wowed your manager at a performance review or surpassed your client's expectations. That's wonderful, but what about your own goals? Self-motivation is goal-setting (and reaching!) from start to finish. It means coming up with goals for yourself, setting clear parameters and metrics for success, and then reaching those goals.

4) Face and Conquer Your Fears

People are afraid of many things: failure, losing, not knowing enough, the list goes on. When you instill an inspiration-driven mentality into your mind, you assure yourself that you can do it. You can surmount any mountain and conquer any

obstacle because you have yourself. You are the owner of your own thoughts, so you are the CEO of your own life.

5) Self-Motivation Helps with Prioritization

When you have a lot on your plate, it's hard to decide which responsibility to attack first. If your motivation comes from within, you likely have your own set of priorities – what you really want to focus on because you're inspired to do it. You'll go about your prioritization methods a little differently when you're self-motivated...in the best way possible!

Self-motivation is a vehicle for success. Without it, you'd either 1) depend on others for inspiration and incentive to perform well or 2) never achieve your goals. Is it difficult at times? Yes. Is it possible? Absolutely. When you have a setback, don't let yourself get down about it – push through and remind yourself that you can and will do it.

5 Tips to Get Self-Motivated When You Really Don't Want to Do Something

You're always playing hide-and-seek with self-motivation. It's a game that you hate playing when you're the loser, but you love playing it when you're the winner. You know it's somewhere in there (you generated that motivation all on your own, remember?), but when you really don't want to do something, it flees from your sight before you can even process it. The next time you're faced with something that you're dreading, try out one (or all) of these tips to get that self-motivation back up.

1) Reframe the Way You Look at it

If you view it as hard work or something you utterly despise doing, you'll hate every second of doing it. What if, instead, you look at this task as a step along the path of your big-picture goals?

2) Make Sure it Matters

You're sewing a blanket of big dreams, and you get wrapped up in a thread of something that doesn't matter anymore...What do you do? You take a step back and look at everything from a birds-eye view. If you're focusing time and energy on a task that doesn't matter anymore (even if it did at one point), you should put it on the backburner. If it matters down the road, come back around to it.

3) Break Your Goals into Small, Do-able Steps

People tend to get caught up in the magnitude of their responsibilities, and it feels nearly impossible. To digest what's really important, break down your tasks and prioritize them. After you attack them in order, you'll be significantly farther along in your process than if you tried to take on one behemoth of a task.

4) Take Breaks and Know When to Stop

If you've been staring at the computer and typing so fast that your fingers are numb, you've reached a new level of red flags. Everyone needs breaks every now and then – you're not a failure for taking time to regroup. In fact, you're ensuring that you'll perform better in the long run. While you're monitoring when to take a break, make sure you stay in tune with yourself about when you need to quit for the day. Your work will still be there in the morning, so don't worry about that. You need to go home, rest, and regroup so that you are rejuvenated for the next day.

5) Celebrate When You Accomplish Something

No matter how big or small your "win" may be, celebrate it! It's hard to keep generating self-motivation when you feel like you're not accomplishing anything. Acknowledge your hard work and reward yourself accordingly.

The next time you're in a grueling game of hide-and-seek with your motivation, remember that it's always right around the corner. It may take more work to find it but sticking to these positive guidelines will improve your overall work ethic and ensure that you capture your "opponent." It's a win-win!

6 Steadfast Ways to Motivate Yourself at Work

The 9-to-5 cubicle life gets old after a while. So does clocking in and clocking out. And working from home in your pajamas. The thing is: Work is work. Sometimes it gets dull, and you can't seem to channel the inner motivation that you had when you started. The answer is not, "Quit your job," nor is it "Give up." In fact, there are multiple ways to motivate yourself at work – here are 6 of them.

1) Ask Yourself, "What am I Learning?"

If your mind is getting bored, you're getting bored. You may feel like you've learned all that you can learn, but that couldn't be farther from the truth. There is always a new project that you can get your hands on – you just need to seek it. Look for new ways to learn and grow in your career.

2) Welcome Feedback

You probably started out with a lot of learning opportunities – with constant feedback from your manager and coworkers. If that feedback has petered out, rekindle it. Talk to your manager about receiving more feedback on how you can improve. Be honest – bring up the fact that you feel like your self-motivation levels are dwindling, and you don't want to continue that trajectory.

3) Start up the "If-Then" Mentality

Obstacles may arise, and you may need a back-up plan. **If** that's the case, **then** come up with one. See? It's not that hard!

4) Come Up with a New Set of Goals

Zoom out for a second. You're feeling tired or burned out for a reason. Remember your "why." Why are you working here? What are you working toward? There is a big goal that you are striving for – readjust your current goals to make sure they're in line with that big-picture goal.

5) Remember your Purpose

Think about the last time you felt really motivated to do your work – and make sure it was self-motivation, not the kind that is imposed on you by a deadline or your manager. Something got you excited about doing your job, so sit down and think about what that was and try to resurrect it.

6) Reach Out to Others

Talk to your coworkers about what's going on in your head. Chances are they've lost motivation in their careers at some point as well. Try to get helpful hints and tips from others – they could have great wisdom to impart on you.

It may take time to build your motivation back up, but it's worth the time and effort. As long as you keep your eyes on your purpose and your own drive, you'll be back to your chipper, motivated self in no time!