

7 Powerful Tips For Lasting Motivation And Greater Success

by Peter Murphy

If you could sustain lasting motivation, how much more successful would you be? Wouldn't it make a dramatic difference to your life?

With that in mind, here are seven tips to help you stay motivated and to achieve much more...

- 1. Success is not achieved accidentally. It is a systematic, deliberate process of deciding what you want to do with your life, what you will do when you get there, and what the steps are to get you where you want to be. One of the most important aspects of success is the ability to visualize your path and stay focused on your goal until you reach it.**
- 2. The sooner you envision your dreams and develop a plan to turn them into reality, the faster you will accomplish your goals. Mental pictures are a mechanism to lead you down the path of true independence and motivation. Procrastination is a self-defeating behavior that develops in part due to low self-esteem and fear of failure. Your imagination is like a preview of your future. If you don't use your imagination your life will remain mundane and unfulfilling.**
- 3. Overcoming procrastination is the first step in helping you create the lifestyle you desire. You must change the habits and behaviors that led you to procrastinate in the first place. Change is a slow process so be sure to reward yourself along the way for small achievements. Instead of focusing on the difficulty of a large task, break it into smaller jobs and create a timeline for finishing them.**
- 4. Several small jobs done over time are much more manageable than one large task with no end in sight. You'll be astonished at how much you can get done if you concentrate on one thing at a time instead of cluttering your mind with multiple tasks. Try tackling the more undesirable tasks early in the day so that by afternoon you can pursue more pleasant activities.**
- 5. Relieve yourself of the pressure created by clutter in your office or home. Develop a filing system, rid yourself of unnecessary papers, and give yourself an organized place to work. When you exercise self-discipline in your surroundings as well as your behaviors, you will make major strides in accomplishing your goals in a shorter period of time. No matter what is happening around you, keep your mind focused on the reward you'll receive by reaching your goals.**
- 6. If people or outside forces distract you, use the power of the human mind to block out what impedes your progress and concentrate solely on the task at hand. You will make remarkable progress by refusing to let others alter the path you have chosen. Overcoming procrastination and staying motivated is the way to lifetime success and happiness. You'll achieve your goals rapidly when you stay focused on your destination and the rewards that will follow.**
- 7. Review your habits and way of thinking to determine what you are visualizing most of the time. If your visions do not lead you in the direction of accomplishing your goals, then you must change them. Discipline yourself to concentrate on your goals the majority of the time, and if you stray from the path, get promptly back on. Imagine what the rewards will be when you finally reach your destination and keep that thought foremost in your mind. Procrastination is of no use to you in your quest to fulfill your dreams. Lose those old habits and replace them with habits that lead to self-motivation and control over your life. You know what to do. The big question is how do you find the inspiration to begin and how do you stay motivated over time despite setbacks? You already know what procrastination and low motivation is costing you. And you know deep down that nothing is going to change for the better until you do.**

Find a proven approach and follow it.

The Simple Secret To Lasting Motivation

By Peter Murphy

It is easy for psychologists to predict how successful you will be by observing who you spend your time with. Why is this true? Because your peer group exerts a massive influence over your behavior and your aspirations.

If you have friends who are highly driven business people, spend time with them whenever you want a motivational boost. You will feel charged up and more ambitious after meeting them. And it's fun.

Of course if all you did was talk business every evening your life would become one-dimensional pretty quickly.

At the other end of the spectrum you can also socialize with people who drift through life with no dreams for the future with no goals that really excite them.

Still, these are good people and you can enjoy their company. I do know however that if you spend all your time with your unmotivated friends you will over time question your drive and ambition.

Eventually you will become less inclined to set inspiring goals for the future and one day you might even give up on wanting to grow as a person.

Who are you spending your time with? At work? In your leisure time?

There is a time and place for everyone and you can still enjoy the company of a wide range of people. Just bear in mind that if you gradually spend more time with positive, ambitious people their enthusiasm will rub off on you.

Don't believe me?

Think of the most motivated people you know! What kind of people do they spend most of their time with? Whenever you feel stuck and unable to spring into action make contact with the positive, motivated people you know.

Even a phone call will help give you a boost. If possible spend time with these dynamic people on a regular basis to keep the momentum alive.