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Get Motivated to Achieve Your Goals

How could I write a guide to setting and achieving goals, if I didn't actually give you a few tips on the most important part of setting goals? The key to successful goal setting is your ability to motivate yourself and stay motivated until you have achieved your goals.



Getting and staying motivated is not as difficult as it may seem. It just takes discipline. Let's look at the thing that you should do in order to get and stay motivated.

First, let's take a look at what motivation really is:

- Motivation is not a product of outside influence. It is a natural product of your desire to achieve something and your belief that you are capable of doing it.
- Positive goals that are geared toward your pleasure are much more powerful motivators than negative ones that are based on fear. The right combination of both is the most powerful and motivating mix.

Now let's look at what you can actually do to motivate yourself and stay that way:

1. Start by visualizing your future success and model the feelings you'll experience when you achieve it.
2. Mentally walk the path toward this success and visualize your feelings at different milestones on the way.
3. Assign a high priority to each task that you must achieve, which gives each task a priority in your mind.
4. Set a target for the amount of work you will do each day toward your goals.
5. Visualize the desired outcome. Create a picture of what the desired outcome will look like and have this vision in



CHAPTER 3:

DO YOU HAVE WHAT IT TAKES?

It is not enough to want to start a business. You can be extremely motivated for all the right reasons, have all the financing you need, have an excellent marketing strategy and the know-how to implement it, and your business still could fail. Why?



Being an entrepreneur takes an individual with particular personality traits and an essential set of skills. The following lists are not all inclusive. There may be other skills or personality traits you need for your particular business and industry. Additionally, do not think that you must abandon your dream of owning your own business if you do not have every single one of these traits and skills. Skills can be learned, and behavior can be modified. It just means you have a little more work to do on yourself. Not doing this work does not mean you cannot be a successful business owner. It does mean that it will be more difficult and stressful to be successful, you will not enjoy the process as much, and you will not be as happy in the long run.

Successful Traits for Business Leadership

Here is a set of personal traits that are essential for entrepreneurs:

- Are you a **self-starter**? Self-starters take the initiative and put their desires into action. They are proactive; they do not sit back and respond to life. They make life happen. The self-starter is the third type of dreamer.
- **How well do you get along** with different personalities, including people of different cultures and races? Seldom in a business do you get to pick and choose with whom you encounter, especially if you deal with the general public in some manner. If you have a problem dealing with a particular type of personality, race or culture, you unintentionally could offend a potential client. You do not just



Rudolph Coleman is a motivational speaker communicating a message of hope, inspiration, motivation and empowerment to diverse audiences. Mr. Coleman's goal in this book, as well as his seminars, is to provide functional skills and direction to his audiences. May you reap the benefits within this book and achieve your life's goals.

www.EmpoweringIdeas.net

Chapter 4: Other Furniture

As the bed is the most prominent object in the room; ensure there are no tall, heavy furniture pieces close to the bed. You want to feel completely comfortable and at ease while lying down. Large and heavy furniture around the bed can have an overbearing energy and create restless sleep and fitful dreams.



Keep the area at the head of the bed clear of shelves and heavy objects. A simple painting or picture above the bed that evokes the feeling you want to create in the space works well. Keep the frame simple and light and ensure it is attached securely to the wall.



One of the best steps you can take to create space for two is simply have two bedside tables, identical in design and height on each side of the bed. These represent both equality and individuality in the relationship with each person having a space for their things. The table height should be even with, or slightly lower than, the height of the mattress. It does not matter whether they are the same style as the bed frame, as long as you like the way they all look together. If you have lamps on the tables, ensure those are of identical design as well. If you are currently alone in the room and would like to share your room with another, turn on both lamps for a period of time each evening while you are

In Summary ...

Now that you have read this book, it is time to put it into action:

1. First, determine the purpose for your bedroom
2. Determine how you wish to feel in the room
3. Take an inventory of what is already in the space, deciding what will stay and what will be removed by using the guidelines provided herein
4. Research colors and furnishings, including accessories
5. Decide what changes you will make

Then, do it!

There is no excuse for not having your own *Red Hot Bedroom*.

Do it now — for you, and for your loved one!

Let your sleep be a restful one, and your sex life sizzle!



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Set Priorities

In the previous chapter, I discussed the 80 percent/20 percent breakdown of what is important in your workload, and how discussing this with your boss gives you the guidelines needed to set your work priorities. Therefore, whenever you are asked to do something by someone other than your boss or you see something that might need to be done, all you need do is ask yourself, “Is this a priority to my boss?” If it isn’t, then you don’t do it! Easy.

This same 80/20 breakdown can be used in your home life, too; but it takes a lot more to implement. Rather than a meeting between yourself and your boss, you must convene a meeting between yourself and anyone else living in your household. If, for instance, you are married with children, then the meeting would involve yourself, your spouse and all of your children. This chapter gives you a step-by-step method for setting priorities at home.

The Initial Meeting

Schedule a time that is convenient for all, possibly on the weekend (you want each person to participate and not be in a harried mood); and let him/her know that it affects their lifestyles and is important to be there.



Request that each person makes notes beforehand of the activities they currently do that is important to them, as well as anything else they deem

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