



How to Motivate Yourself to Stay Positive, Focused and Energized!

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Food for Thought on Motivation

If you do what you've always done, you'll get what you've always gotten!

Tough times never last, but tough people do. – Coach Paul “Bear” Bryant

*What the mind can conceive and believe,
can be achieved.* - Napoleon Hill

Whether you think you can or you think you can't you are always right! Henry Ford

Kites rise highest against the wind - not with it. - Winston Churchill

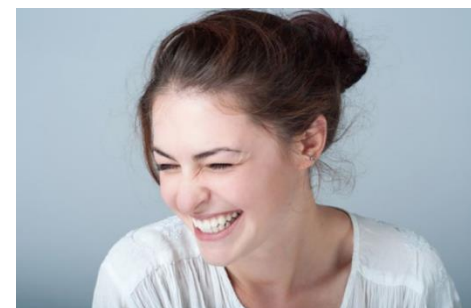
All mankind is divided into three classes: those who are immovable, those who are movable; and those who move. - Benjamin Franklin

Motivation Vs. Self-Motivation

Motivation is externally located, temporary information that initiates an action towards achieving a specific result.
Self-Motivation is internally centred, lasting information that is self-maintained / developed to focus on achieving a specific result.

Three Common Traits of Motivated People

Positive Inner Voice
Self-Forgiving
Self-Encouraging



The Motive – A Big Enough Why!

We can do **amazing** and **incredible** things if we are motivated and have a big enough **WHY**.

How We Create Empowering Beliefs or Crippling Self-Limitations!

It **ALL** Starts With ...

Our Perceptions *that shape our*

Thoughts *that in time create our*

Beliefs *that influence our*

Decisions *that dictate the quality and timing of our*

Actions *that generate our*

Results +/- ... that then reinforces our original

Perceptions

The FUTURE belongs to those who **believe they can!**

About Staying Positive...

Assets Vs. Liabilities

Positive people are **“asset focused”**

– aware of what they have and what is working.

Develop Resilience

Positive attitudes are built on our ability to **“bounce back”** from negative experiences.

Positive people have learned from **failure** and **set-backs**.

They see **stepping stones** rather than **stumbling blocks**.

Better “Life Support”

Positive people have a better “balanced” life, know their priorities and have a supportive personal life (family, friends).

Optimism as A Philosophy

Like a skilled kayaker,
they know they can **right their craft**.

Optimists develop a habit of see **the upside** rather than studying **the downside**.



Visionaries

Positive people are always *looking forward* and through challenges.

Take the first step in faith.

You don't have to see the whole staircase, just take the first step.

- Dr. Martin Luther King Jr.

Seek Out Good

Look at all the best **elements** and **outcomes** in your work (and life) ... and don't forget your **blessings** (things and people).

A Word About Happiness...

*We are only as **happy** as we make **our minds** up to be.*

– Abraham Lincoln

For happiness...

Work / Life Balance

Meaningful Work

Sense of Empowerment

Mutually Beneficial Relationships

Content with One's Achievement

Sense of Direction / Purpose

Ability to Contribute

About Staying Focused...

Focused people are productive people.

Their focus is on **the rewards of accomplishment...**

Be Driven by Goals

Positive people are **achievers** and achievers feel / become positive when they achieve goals.

The Pain / Pleasure Principal

Motivate yourself to either seek the **rewards** or avoid the **consequences**.

Positive people are driven **by goals** and ... *"what's next?"*.

Focused people **refresh their focus** by taking breaks. RE: *"Mr. Carlyle"*



About Staying Energized...

Marathon Vs. The Sprint

It is important to pace yourself.

Your Fuel for Life?

Nutrition and eating for health and energy is critical.

The Paradox of Energy

Doingness creates a sense of energy and endurance.

Rested Vs. Exhausted

Sleep is about regeneration and if you are not sleeping ...

Practicing Wellness

Energized people are conscientious around the benefits of self-care.

In Sync with Your Energy

Work (if possible) around your energy level.

Some Final Thoughts...

The Three Paths of Our Life of Work

My late father once told that there are really only three places you land when you enter the world of work.

You Find A JOB.

You Seek and Find A CAREER!

You Discover a "CALLING"!

Just remember ...The difference between a career and a "calling" is where you put your heart, energy, effort, love, and passion.

The Two Most Important Dates in Your Life

The Day You Are Born

The Day You Discover Why!

