

What You'll Learn...

- The top 3 ways you DE-motivate yourself, and how to stop doing them
- How to create motivation that **pulls** you towards your goals, without you having to **push** yourself to succeed
- How to **magnify and intensify your motivation** while avoiding the distractions that make you lose focus
- How to create **mouth-watering goals** that you can't help but be drawn to!
- The secret of balancing your inspiring long-term goals with practical short-term action plans

What You'll Need...

- This handout, and the corresponding CDs
- A pen or pencil to take notes and to fill in the blanks on these pages
- A **willingness to let go** of the belief that you have to “earn” your success through struggle and difficulty, and the belief that you're naturally “lazy” and have to push yourself to get anything done.

The Top 3 Ways to DE-Motivate Yourself

1. Manifesting a sense of _____ or

2. No clear _____ - _____ or

3. Lack of sufficient _____ _____

Trust Your Feelings!

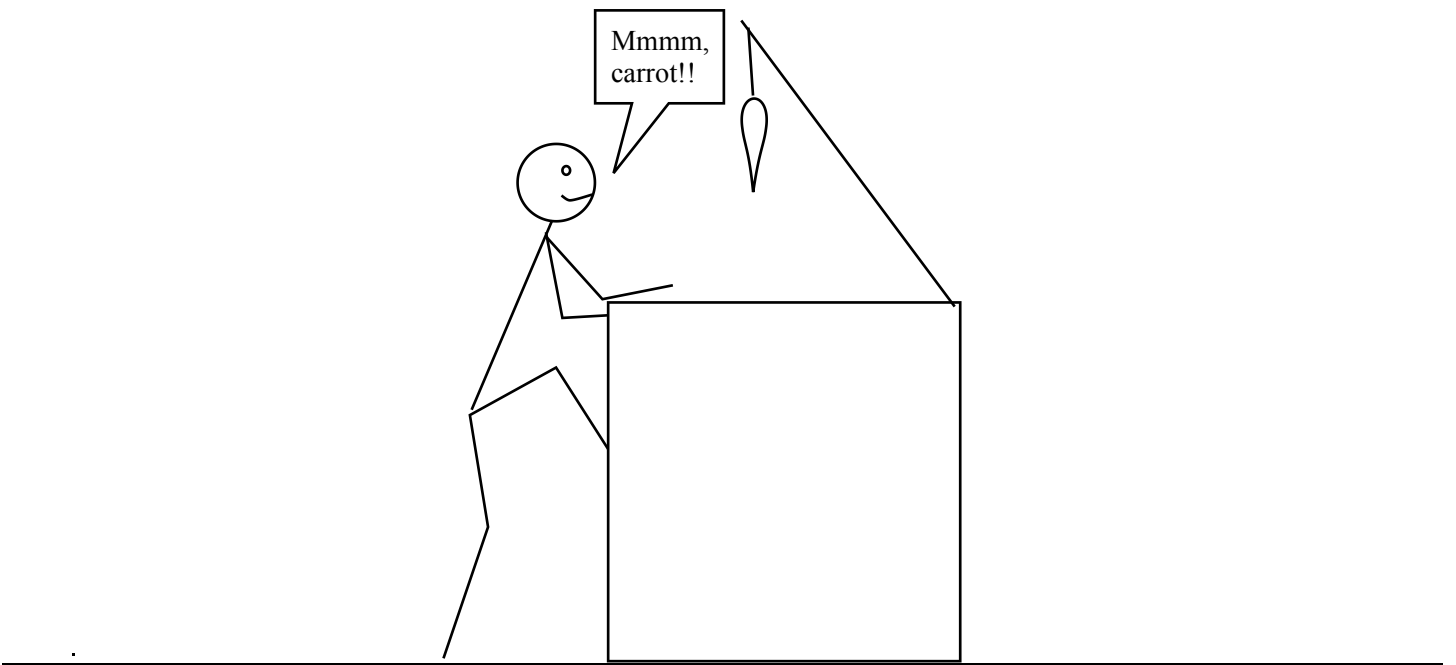
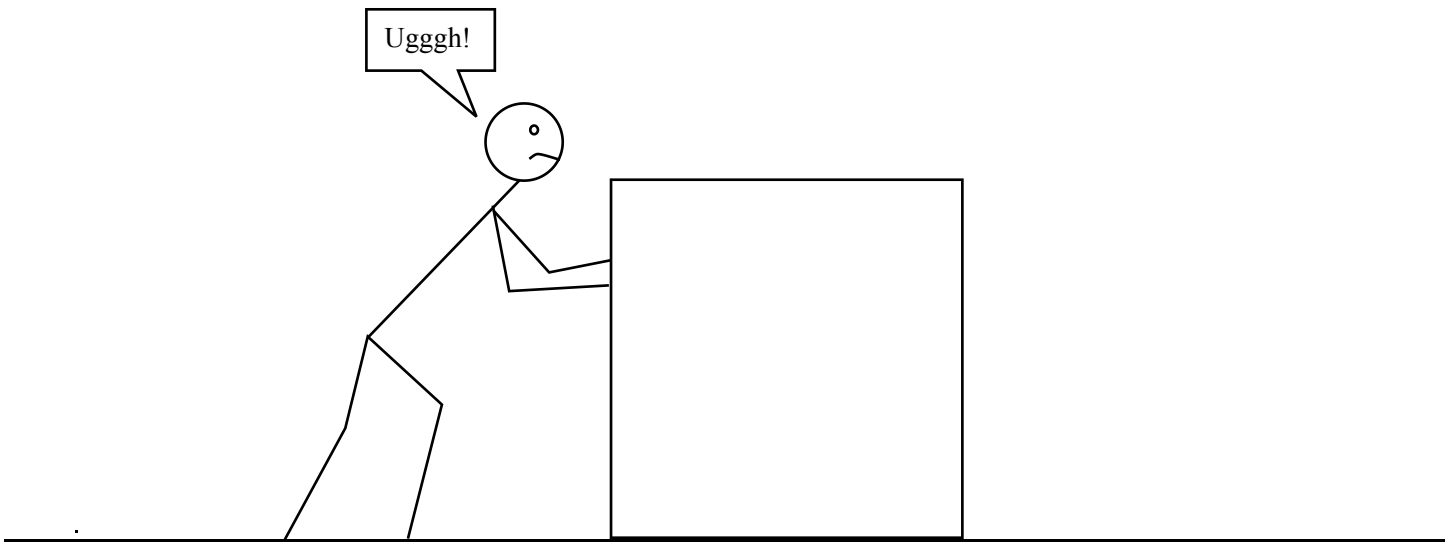
Use your _____ to guide
your _____!

If it _____,

You're _____,

So _____!

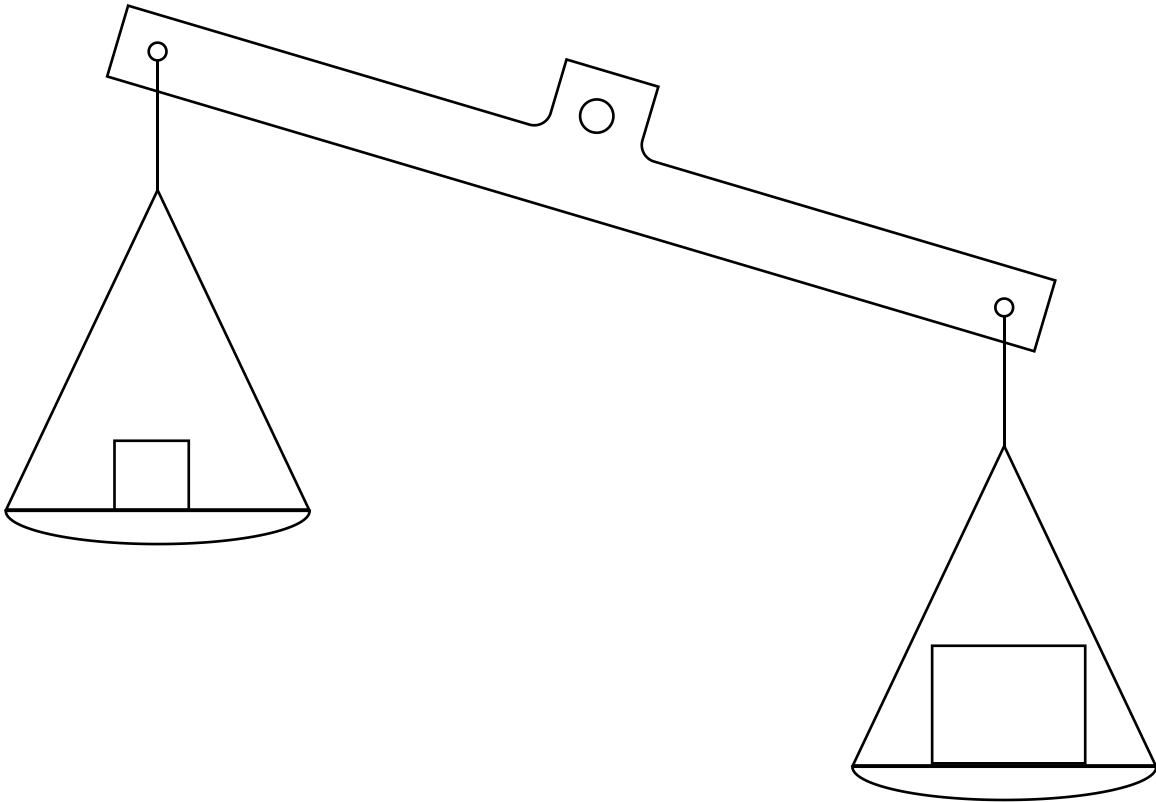
Pull Yourself; Don't Push!



_____ are those _____ you
_____ when you _____ your _____!

-- Henry Ford

Now, or _____ ?

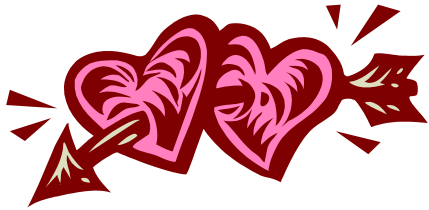


If you _____, you

likely _____, either.

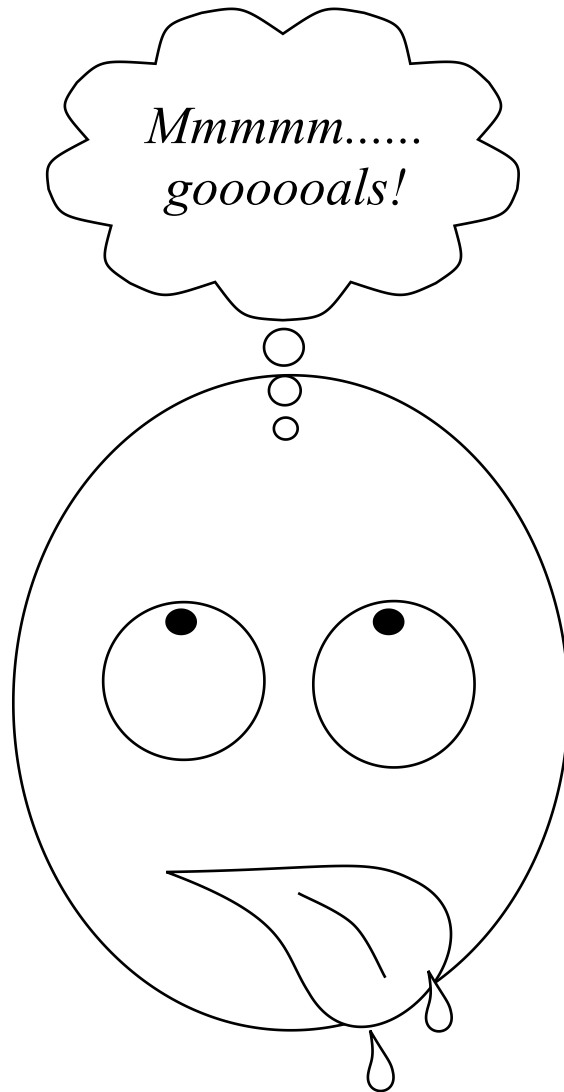
-- David Allen, in "Getting Things Done"

Motivation is _____!



_____ what you _____!

PIG OUT for Mouth-watering Goals!



What your feelings should be:

How you get those feelings:

P _____

O _____

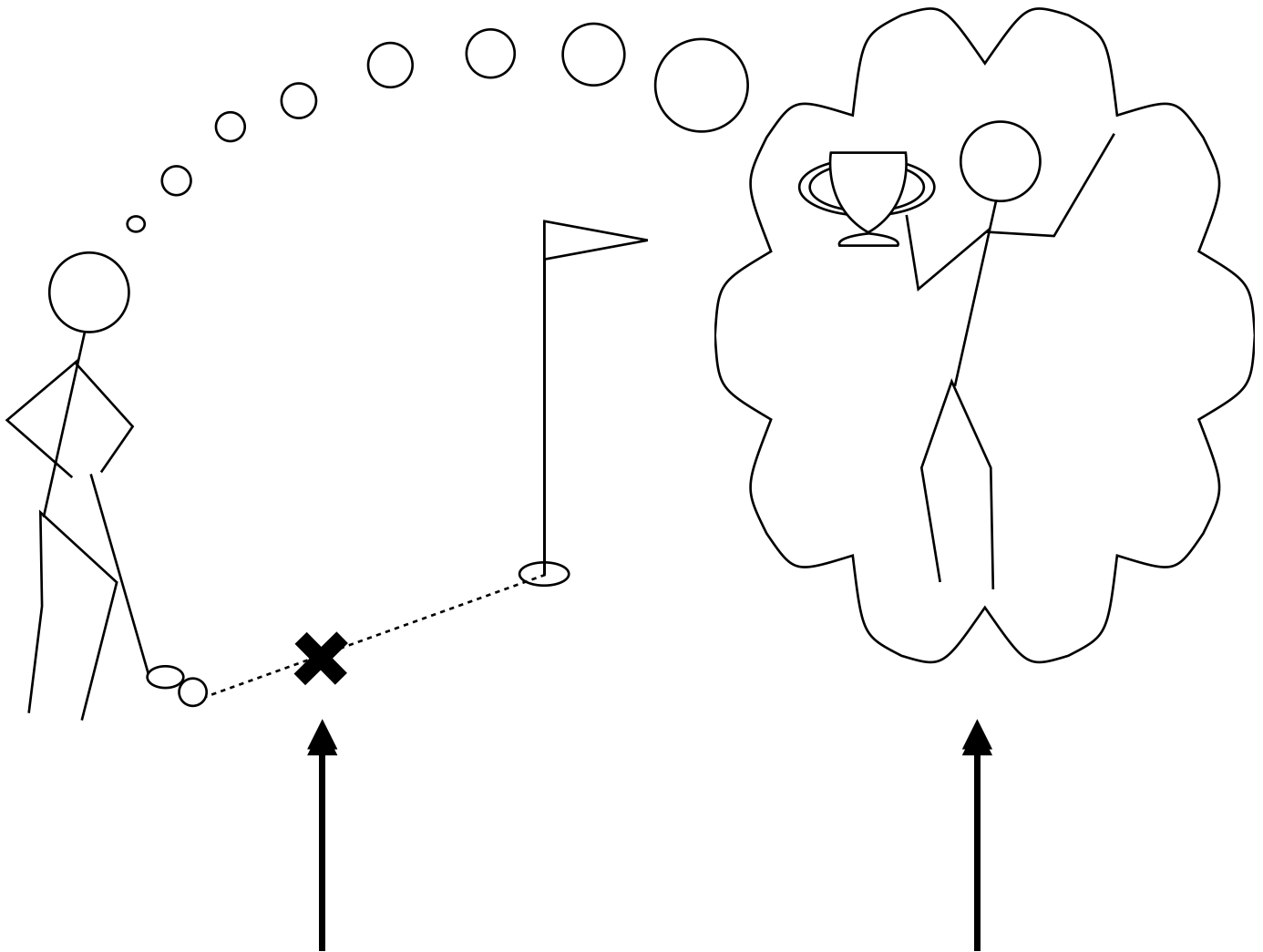
I _____

U _____

G _____

T _____

Aim Before The Goal, Envision After It



**Create a short-term goal that is the _____
_____. Focus all your
_____ here.**

**Get your _____
from a _____-
_____ that gives
your actions _____!**

Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn't attend the workshop)

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org