

SUSTAINABLE INSPIRATION.

It's the first of a brand new year. You set your goals. You get started. Why do some people fizzle while others go on to accomplish their goals?

Right now... list out your top 3-5 goals for the year.

- * Career
- * Finances
- * Relationships
- * Health
- * Organization
- * Fun
- * Inner Peace

*** What's the magic ingredient you need to stay energized and focused on your most important goals all year...so you actually realize them?**

SUSTAINABLE Inspiration...is the "WHY", the driving force, leverage, benefits for realizing your goal.

*** All of us are motivated by two forces...**

1) AVOIDING PAIN --

2) Moving TOWARD PLEASURE +/-

Example: Bruce Lipton

- * Bacteria in petri dish experiment.
- * moved away from toxins, toward food -- when both present -- moved AWAY from toxins.

STORIES:

1. Mary's story - getting out of debt. \$30K debt to 20K savings in 9 months - (respect for John, fear of not getting married, it was time)
Success & Inner Peace Bootcamp
2. 30 days no wine - just because. Friend said "No way I could ever quit wine" - brain tumor, stopped for 2 years.
3. Health/Fitness - Are you democrat or republican? - Make donation to the opposite party if you don't follow through with your goal or

commitment.

4. 1 Minute Millionaire
5. John Gray - wrote Men Are From Mars -- brother cancer needed to pay for medical bills
6. Vanity for Wedding - gym/Bikram
7. Commitment - 60 days of yoga in 90 days
8. sick in tired of being sick and tired
9. Accountability -- "said I would"

* How to **rev-up your "sustainable inspiration"** if you're not feeling motivated.

Look at the WHY you really want your goal? +/- What other benefits will come with the realization of your goal? What other pains will be alleviated as a result of realizing your goal.

1. Allow yourself to fully associate with the pain.
2. Emotional muscles - anticipation (working out), confidence, connection
3. Track it - Excel spreadsheet (x's or checkmarks)
4. Artificially increase the pleasure or artificially amplify the pain

Positive Motivators

- * acknowledgment
- * stickers
- * connection
- * fulfillment
- * sex
- * sense of purpose
- * values related -- respect/integrity
- * freedom
- * choices
- * money
- * house
- * contribution

Negative Motivators

- * death
- * illness
- * rejection

- * fat/vanity
- * embarrassment
- * guilt
- * shame
- * fear

Open Coaching -- who is having trouble connecting to their WHY? Their sustainable inspiration?

Mary