

## INCREASE YOUR MOTIVATION

- 1. Think, meditate and find out whether you really want to achieve your desire, and whether it is worth the effort and time.**
- 2. Make your goal very clear. Writing it down will help.**
- 3. Think often about your goal or desire.**
- 4. Visualize your goal as already accomplished, and close your mind to contrary thoughts.**
- 5. Read books or articles about the subject of your goal.**
- 6. Read about people who have achieved success.**
- 7. Think often about the benefits you will gain by achieving your goal.**
- 8. Visualize, and think about how you would feel after achieving your goal.**
- 9. Repeat positive affirmations such as: "I have the desire and inner strength to achieve my goal". Repeat this affirmation often, with faith and strong feelings.**
- 10. Start with doing something small concerning your goal. Success in small matters leads to greater success.**

**Motivation is the powerful engine that moves you towards success and accomplishments in every area.**