

*“Here Are Some Daily Rituals to Help
You Stay Motivated and Succeed ... ”*

How to Stay Motivated and Succeed



**Tenny
Charlesworth**

How to Stay Motivated and Succeed

By Tenny Charlesworth

<http://www.howtostaymotivated.net>

Legal Notice: - The author and publisher of this E-book and the accompanying materials have used their best efforts in preparing this E-book. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this E-book. The information contained in this E-book is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this E-book, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided “as is”, and without warranties.

As always, the advice of a competent legal, tax, accounting or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this E-book. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Table of Contents

About the Author

Chapter 1 - Introduction

Chapter 2 - Getting to Know Yourself

Chapter 3 - Keeping It Simple

Chapter 4 - Keeping Good Company

Chapter 5 - Continuous Learning

Chapter 6 - The Power of Positive Thinking

Chapter 7 - Procrastination

Chapter 8 - Goal Setting and Tracking Progress

Chapter 9 - Helping Others

Chapter 10 - Building Motivational Habits

Chapter 11 - Maximizing Motivation

Chapter 12 - What You Can Do Next

About the Author

Tenny is a certified Life Coach. She is also a certified and experienced Office Administrator and Customer Service Officer for 30 years including 10 years experience in Workplace Training and Assessment, Leadership and Management while developing her entrepreneurship skills through various home base businesses then became a well rounded Certified Professional Coach.

Tenny has obtained formal qualifications in Office Practice and Office Management from the Academy of Secretarial and Management Indonesia (ASMI, Jakarta, Indonesia), Diploma of English Language from the Intensive English Course (IEC, Jakarta, Indonesia), Workplace Training and Assessment, Government Compliance, Investigation, Management and Professional Counseling from various colleges in Australia and Professional Coaching from the International Coaching Academy (ICA), USA.

Tenny has also attended numerous short courses, seminars and workshops related to leadership and interpersonal development.

Tenny's passion is helping and developing others through training, coaching and daily interactions.

Tenny's motto and vision: "If I can make one positive and motivational influence to one person per day that ripples and resonates to a wider community, This completes my life"

For more details, please visit Tenny's Blogs and Websites:

- <http://icandolifecoaching.com/> or <http://tennycharlesworth.com>
- <http://thepowerofhappiness.blogspot.com/>
- <http://howtostaymotivated.net/>

For further assistance and services, please contact Tenny via email at:

tenny@icandolifecoaching.com

Chapter 1 - Introduction

What is Motivation?

Motivation is what keeps you going. It is that internal energy and voice that tells you to keep moving and doing something, even as simple as getting out of bed each morning. Motivation is the most important element that you need to help you achieve your goals and dreams in life. Without it you would be idle and make no progress which makes life not really a life if it stays still. If there is no motivation, there is no movement and no life. I am sure you would not want that, would you?

So how do you gain and maintain motivation? It sounds simple and you think everyone should be able to gain motivation easily and then stay motivated to do what you have to do and to achieve what you want to achieve in life. The reality is that it is not that simple to gain and maintain motivation, let alone staying highly motivated and effective forever until you succeed in achieving the things that you want to achieve in life.

Many people get tired or frustrated and give up easily because that is the easiest way out, and then later wondering what has happened to their life. That does not sound so good does it? I doubt you want that to happen to you. I am sure you would not want to be the type of person who only watches what goes on in life or those who wonder later what happened to their life. I am sure you want to be the type of person who can make things happen. I gather that is probably why you decided to read this book. Am I right?

Well... I would like to congratulate you big time because that is precisely what this book is all about. You already made your first move by making the most important decision to read books like this and this will not be the first or the only book you read in your journey to success, I am sure. By reading this book and applying the suggestions in this book and other books coming your way, I am sending you my best wishes for success.

I am confident that if you apply everything you read in this book, this will give you a very important element in your journey. I am confident that you will make more changes toward achieving your dreams. I will guide you through other techniques in other books as well that will help you with further steps and guidance after you gain and maintain a good level of motivation that you will learn from this book alone. I also have on-line webinars and face to face workshops that you can attend to make sure that you strengthen your motivation level so that you can turn your dreams into reality. Take action step by step and achieve one small goal at a time.

I cannot stress enough that unless you apply what you learn from books like this, things are not just going to happen to you. It is up to you to make things happen. So I urge you to apply the suggestions and take action upon them. I will also be teaching you in another book about the techniques on how to take action until your jobs get done. So... congratulations again for your first action to read this book and please read it slowly and repeatedly if necessary to make sure that you have plans how to apply each suggestion and technique as well.

Now... please allow me to share with you a few tips and daily rituals throughout this book that will help you gain and maintain motivation and most of all gaining and maintaining the level of motivation and effectiveness that will help you succeed to achieve your dreams.

You probably realize that most people tend to say or think that they know what they should be doing in order to achieve what they want to achieve and to have a happy, healthy and prosperous life forever. In reality though, many if not most people do not actually do what they are supposed to do or what they say they would do and then later wondering how they have grown old, forgetful and fragile and have not achieved anything significant. You probably recognize and experience

How to Stay Motivated and Succeed

what I am talking about and lacking motivation is actually fairly common funny enough. Therefore it is very important that we keep learning and reminding ourselves how to increase and maintain our motivation at all time.

Motivation is a word that is easy to say and easy to talk about but not so easy to obtain or retain. It is part of human condition to lose motivation on a regular basis. That is if you had the motivation in the first place. Some of you may not even have enough motivation to begin with. Therefore you will need to learn and get into a habit of doing certain routines on a daily basis to obtain motivation. Once you have it, you will be required to keep doing those daily rituals in order to retain and maintain your motivation. Once you are strong enough to be able to maintain it, you need to grow it, make it bigger and stronger so you can achieve bigger and greater things in life.

Motivation is the drive someone has, to complete a task. The ingredients of motivation are combined with many factors which include simplicity, attitude, the people that you associate and hang around with, the way you think, how much you know yourselves, how much you trust and respect yourself and others, the way you help other people and so much more.

Motivation is the spark everyone needs to survive throughout the day to set and meet goals anywhere you are and whatever your circumstance, let alone when you hold various responsibilities such as parenting, employment, business, hobbies like sporting activities and other social activities.

When your circumstance is more complex you are more likely to need a lot more sparks to get you going to complete many more tasks in your day to day life. However though, for some reason, people say that the busier a person the more motivated that person becomes, because he or she is so used to doing things. One question though, just because you do things, that may not necessarily mean that you are happy and enjoying the journey, which is just as important in order for the motivation to last and to find success.

Motivation is the reason people succeed and the reason people fail. I personally believe that it is the main reason, because, unless we have this internal energy to make that first move toward any journey, nothing will ever happen and nothing will ever be accomplished. In a race type of situation, if you never leave the starting line you will never get to the finish line. To get started or even to get listed to be in the race you need motivation.

Without motivation you will fail. When you have apathy toward something you are not motivated because you could not care either way. This is the worst attitude you can have because it isn't negative either. Someone who feels this way is not capable of achieving anything because they do not care if they do or not. If you are feeling this way this book is exactly what you need to help you overcome your attitude and begin feeling motivated again.

When you know how to remain motivated with yourself you can also help others because your attitude will be infectious. When you practice daily motivational techniques eventually they will come to you naturally. At first some of these methods may be difficult for you to do or to remember. It will take time for you to begin to naturally practice and follow these techniques.

The purpose of this book is to take you through methods you can practice on a daily basis to remain motivated. These techniques can help you feel better about yourself in everything that you do. You can take these methods with you when you go to work and when you are at home.

What is Success?

As defined in the Dictionary.com,

Success is Wealth, Power, Fame, Influence?

suc·cess - [suhk-ses] - Show IPA

-noun

1. The favorable or prosperous termination of attempts or endeavors.
2. The attainment of wealth, position, honors, or the like.
3. A successful performance or achievement:
The play was an instant success.
4. A person or thing that is successful:
She was a great success on the talk show.
5. Obsolete.

Looking at those few definitions and examples above you can see that success is defined as a favorable result at the end of a process toward achieving a goal. However, I have also heard people say that success is not the destination, it is the journey. I think what they meant by that is that there is no point in achieving a particular result if you are not enjoying your journey. I totally agree with that. However, the risk with this statement is that people may interpret this as “do not bother going through the difficulties to achieve your goals”. What this can do is making people lazy and end up losing motivation to work toward their goals, so they do not do very much to progress, hence do not succeed.

So be careful in interpreting and believing words. The same as the way you should interpret the statement “enjoy the journey” in this context. To me this does not mean that you do not deal with the normal ups and downs of life. It just means that you do not allow life challenges to control you. It means that you are in control and you have satisfaction out of what you do throughout your journey to achieve your goals. It means that you know how to structure your life and what kind of attitude you need to choose to enjoy your journey. I will talk about attitude in a later chapter and no doubt a lot more in other books that I hope you will have access to.

When I say that you have to be careful in the way you interpret and believe in words, I mean be very careful. Not only your interpretation and your belief of words, the use of words is also very important. Words will influence your mind and you will eventually believe in something generated by the frequency of the use of words. Your belief will then manifest in your subconscious mind and create a certain mind-set. I hope that I am making sense here. Another word, please get in a habit of using the right and more positive words in your communication, interpret words positively and choose the right attitude to believe in success.

You may have heard about the Law of Attraction. The believing and the manifestation of ideas, thoughts and words are part of this theory. However it will take several books or at least a book just to explain my understanding of this theory. Therefore I will not be talking about this theory in this book. If you are interested to learn about the Law of Attraction please let me know as I can refer you to my mentor who currently facilitates a course called “You Were Born Rich” written by one of my favorite philosopher Mr. Bob Proctor.

How to Stay Motivated and Succeed

Success is what everyone wants and you need to make effort, have positive attitude and have patience to achieve what you want. One may say that there is no such thing as free lunch even though you may notice that some people keep trying to succeed through thin air. I am afraid that it does not work that way somehow. Success is not an accident and it requires you to work towards it.

That is why this book has been published to help you get in a habit of doing certain activities to gain and maintain motivation first and then work on specific goal setting, making plans and execute your plans. I will make sure that you have access to other books and courses to help you enjoy your journey and achieve your goals.

Every one of us would measure the level of success differently, depending on where we started and how our journey has been to get to where we are today. I am not surprise if we all feel or think that we are successful already in something or in one way or another at this level so far. Would you agree?

You may feel successful because you have a happy, healthy and content life. You may fully own your home. You may have a job that you love and produce good income that you can enjoy to give yourself treats and holidays as well as setting up your passive income that will give comfort for the rest of your life. You may have achieved the level of education you wanted to achieve. You may have a good husband or wife that you have brought up beautiful children together with. You may have been able to do absolutely everything you have always wanted to do as a child and still doing them.

To me, you are successful with whatever you have accomplished so far in your life particularly if you are still motivated to keep living your enjoyable journey to achieve more on an ongoing basis.

Success is a phenomenal word yet we can all have it. The most important thing is that you are able to first achieve the basic requirement of being motivated at all times while enjoying your journey. You need to learn how to structure and execute a balanced life style where you keep making progress with ease and pleasure because you are resilient when normal life challenges occur from time to time.

So just enjoy life without being lazy and stay motivated to keep achieving more of anything that gives you positive outcomes and satisfaction. Your success is yours, no one else's. Keep moving forward step by step. No matter how little your progress is as long as you maintain your energy and motivation to stay healthy and happy, you are on your way. I meant true health and true happiness though, not just saying happy but struggling inside. Please also share your success with others as that in itself is another level of success that will give you a full life satisfaction.

You can make a difference for people around you and hopefully the world through the rippling effects that you create. This is quite powerful, therefore, please keep that in mind and hope that this thought alone will motivate you to continue moving forward and become the special person who can help others by simply being motivated and enthusiastic yourself.

In this book, you will find that the main principle of the techniques can be applied anywhere and anytime by anyone in their life. Therefore, please be generous in sharing your findings with your friends, families, colleagues and acquaintances, so you too can influence others in a positive way. You can succeed in whatever you decide to do in your life.

All the best and I hope that you enjoy reading this book as well as able to apply at least one thing each day.

Please contact me if you wish to learn more