

# INTERNALIZED MOTIVATION



HOW TO SUSTAIN UNLIMITED MOTIVATION  
TO ACHIEVE YOUR GOALS IN THE LONG RUN

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## Foreword

Are you somebody who lacks exuberance? Somebody who forever believes “I’ll do it in the future” and winding up never executing what you set out to do? Do you want self-assurance, motivation and drive to go after your dreams and pave your route to success? Don't fret; you're not unique!

Yes, that’s true. Many people are in the same boat as you! But why be content with your present state of affairs simply because many other people are suffering from the same fate? Don’t you wish to be different and better than other people are? Don’t you feel jealous when you notice your successful acquaintance drive around in his new sports car? Well, you can begin to pave the way today!

You may accomplish all you want in life if you develop limitless degrees of self-motivation by using your very own self-will! You’ll be able to confront all challenges and subdue all concerns without making excuses and putting things off.



### ***Internalized Motivation***

*How To Sustain Unlimited Motivation To Achieve Your Goals In The Long Run.*

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# Chapter 1:

## *The Basics*

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*Each step you assume in this journey toward accomplishing your goal requires tremendous drive, extremely large amounts of self-command and ceaseless motivation. Even in the very beginning baby step you take; which includes confronting all types of challenges and obstructions; which calls for a lot of psychological mightiness to keep on going and to keep yourself from surrendering.*



## **First Things First.**

Most importantly, it's crucial you recognize that tremendous amounts of motivation are demanded for:

- Bearing a goal, dream, aim, target or accomplishment (yes, you require motivation to even 'develop a goal' in the first place!)
- Arranging your realistic objectives in accomplishing your goal or dream.
- Assuming action and accomplishing the goal.
- Defeating obstacles and challenges, no matter if they're man-made or by unavoidable casualty.
- Keeping up Your endurance, having ceaseless staying power and being able to recover and regenerate yourself to move on.
- Doggedness and consistency to carry onward towards the goal and objectives till they're accomplished.

### **Getting a hold of that aspiration or goal: Questions you need to ask.**

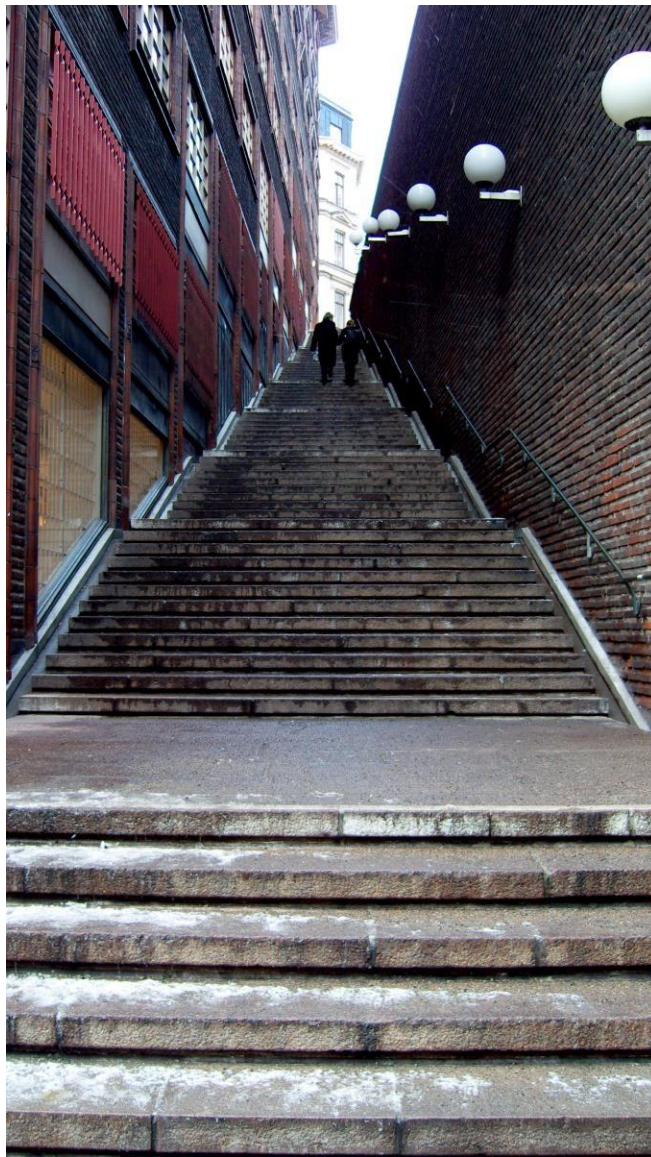
- Do you have any aspirations or goals that you want to fulfill?
- Are you motivated to accomplish your aspirations and goals?
- Are you ambitious enough to stand out in whatever you do?
- Or do you live strictly to exist and find no real reason to set any true goals, or have any big aspirations in the least?
- Or are you overly skeptical and do not think that you're capable of accomplishing the aspirations you hoped for?

Maybe you're somebody who has been lucky enough in life; somebody who has not come across any major crises or situations to force your personal enhancement. However, you shouldn't be smug just because you are satisfied with your present state of affairs; things may change

**INTERNALIZED MOTIVATION – DR GRACE ANDERSON.**

anytime and they'll hit you at the most unforeseen times. The economy today is exceedingly volatile and no one can predict what will occur next.

Therefore, you can't sit back and rest on your laurels! Waste no more time being second-rate and being satisfied with something mediocre; capitalize on the time now to motivate yourself to accomplish your goals and aspirations!



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## Chapter 2:

### *Steps? You Ask.*

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*Now you may ask “What steps do I have to take to accomplish my goals?” and “Where do I discover the motivation to succeed”? It is not as difficult as you believe, and I’ll be more than willing to share my knowledge and tips with you.*





## Do It Right

**Creating Your Goals** – There’s an immense difference in having goals and in reality following up on them. Simply day-dreaming about them will never shift anything. In addition to that, don’t lay out goals that are beyond your command like “My goal is to beat the lottery”.

That's a complete waste of time! Suppose you are a football aiming to cross into the end zone. Without any drives (in this case motivation), the ball will simply stay stationary in one spot. Only if it’s kicked will it fly toward the goal! And the harder it's kicked, the quicker it gets there. **Motivation is the principle that will kick start you into accomplishing your goal.**

**Taking Action** – Remember what I said about the football? Executing is like kicking the ball toward the goal line. It's a hurdle that you have to confront and you have to commit effort into making things occur. Don’t we all develop to-do-lists that have lots and lots of matters that we planned to accomplish? But in the long run do we truly finish everything on it?

As a matter of fact, I wouldn’t be surprised if you can’t even recall where your to-do-list has been placed! To maintain the discipline and the drive, you'll require ceaseless motivation and a revitalizing belief in yourself and your dreams. Perpetually remind yourself of the reason you determined the goal and how much you wish to accomplish it. Remember though, that you shouldn't anticipate results overnight. None of the celebrated athletes or discoverers or scientists or musicians accomplished their success in a matter of hours. **It all calls for discipline, hard work, talents, drive and motivation.**

**Defeating obstructions and challenges** – When attempting to score a goal against the defending team, there will without doubt be a lot of obstructions in the way. That includes the defenders and naturally. Life is the same; there will be a lot of ‘defenders’ that block you from accomplishing your goal. Among the biggest obstacles is yourself!

Occasionally before even being beaten down by somebody else, you've already given up on yourself! The sole way to defeat this is to have a monumental self-will and motivation and a complete desire and hunger to defeat these obstacles, particularly the obstacle that's yourself. With a revitalizing source of motivation flowing from inside you, you'll keep pushing ahead and be able to accomplish your goals.

**Stamina and renewable self-motivation** - aspirations aren't accomplished in a day or a week. Depending upon the size of your aspiration, it may take years to accomplish. During this time period, it's natural for you to have periods where you feel dejected and dispirited. That's why a ceaseless, revitalizing source of motivation is really crucial to carry you through the journey. Don't trust too heavily on external factors; these tend to only motivate you in the short-run. The sole way is to have the motivation flowing from inside you.

In short, doggedness and prolonged determination is essential to accomplish your dreams. Do you have the intense will to fight any obstruction that's dropped in your path? Do you find yourself moving forwards or falling backwards? Do you see a mountain and say “I wish to reach the top” or do you state, “It’s too high for me”? Are you rugged and resilient enough to battle for your aspirations and ambitions?

## Chapter 3:

### *Behind Motivation*

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*From my research of astonishing individuals ranging from high achievers, entrepreneurs, inventors, scientists, musicians etc, I discovered that they've never once banked on other people to motivate them. It's always been an inborn, inner desire inside them to succeed that's presented them the drive and self-command to keep them relentless, driven and determined to accomplish their special goals in life.*

*It was this vast force of infinite, mighty and sustained motivation that kept them going, to help them defeat huge proportions of troubles, obstructions and even getting over their own skepticism, to accomplish what they knew was their aspiration.*



## The Secret

It is obvious that motivation isn't outwardly derived; but may be internally produced, trained and self-induced like a generator; and is non-finite, renewable, sustaining and never depleting. They're perpetually driven, determined and willed to hold their doggedness for life's trials till they've realized their ambitions. Without, for one instant, buckling under to anything.

**Such famous people as Pablo Picasso, Oprah Winfrey, Steve jobs, Michael Jordan etc. They overcame many obstacles and never lost their motivation. Their steadiness in going after their goals, helped them to achieve huge successes in their own lives. If they had given up half-way through their struggles, we would not have known about them today. You too can develop that resilience.**

Although they've this basic trait, they're each on their own, aces in their individual areas of success, and are popular icons, distinguished now for their fantastic contributions and effect on our lives. Maybe your goals and objectives are not of earthshaking dimensions that can affect the universal community, but they're still really important!

No matter whether they're huge or little goals, the point is you've a goal and you've a mind to accomplish it; that's what is truly critical. Size truly doesn't matter here! What truly matters at the end of the day, is if you've the sufficient sums of drive and determination to place all your heart, mind and work into moving yourself in the direction you want to go. That is something only winners and achievers may accomplish. What I'm attempting to say is that to be a true ace and winner, you require unlimited and sustained drive and doggedness to defeat all of life's challenges as well as relentless, unlimited and renewable self-assurance and motivation to keep you

going till the finish.

For this to occur, it's crucial for you to get knowledge on how to reach within yourself, induce and yield self-motivation. Just as all the extraordinary individuals have evidenced, this non-finite and mighty motivation you require isn't gained externally from other people. All of them had internally sourced their drive from inside their innermost wants; so they were able to regenerate and sustain the intensities of their self-command and self-motivation.

When it comes to getting things accomplished, motivation can be hard to come by.

Yet, motivation is exactly what is needed. A small amount of motivation is required to do small, simple things, like brushing your teeth. Bigger tasks require more motivation to complete.

**But how do you manufacture motivation when you have none?**

**To help you get started, here are 7 inspiring steps you can apply to keep yourself motivated. The list is by no means exhaustive. You can add more inspiring ways to help you motivate yourself.**

## **7 Inspiring Ways to Maintain Your Motivation.**

Here are “**7 Inspiring Ways to Maintain Your Motivation**”, so you can stay focused and achieve your goals. Many people fail to achieve the goals they set themselves because, somewhere along the way, they become demotivated. This article will assist you in getting back up and running, doing the things you know you must do to achieve your set goals.

Learn How to motivate yourself and you'll accomplish more:

### **1. Use pain.**

If you fail to complete a particular task, what damage will be done? It might just be the inconvenience of having even more to do the following

day. Or it could be the prospect of someone dropping by and seeing how filthy your home is.

Come up with several good reasons why failing to take action would be painful to you.

## **2. Use pleasure.**

Saving \$25 this week might not be too exciting, but the vacation you'll be taking next year is pretty great. Remind yourself of all the benefits you'll receive. Make a long list that will help to keep the fire burning inside to successfully deal with those unpleasant or boring tasks.

Visualize the future you expect to enjoy from getting your tasks completed. Rehearse your successes in your mind. Create an image that motivates you take the next step enthusiastically.

## **3. Set short-term goals.**

It's hard to stay motivated for more than 8-10 weeks. So, if you have a goal that will require a year to accomplish, you'll run out of gas before you're successful.

Break the goals that take an extended amount of time into smaller goals that can be accomplished within two months.

## **4. Make the task more enjoyable.**

Raking the leaves off your front garden, might sound like a dreadful way to spend the afternoon, but what if you listened to your favorite album on your iPod while you raked? You could invite a few friends over for a barbeque and ask them to bring a rake.

Ask yourself, "*How can I make this task as enjoyable as possible?*" and then listen to the answers you receive.

## **5. Give yourself a reward.**

You wouldn't go to work each day if you didn't get paid. The reward you receive is enough to keep you going back each day. Apply the same idea to keep your motivation high enough to get things done. Think of a few things you truly enjoy and use them as motivation.

Just feeling proud and pleased with your progress can be a form of reward. Those that struggle with motivation are often hard on themselves. Be happy with your progress and you can expect to enjoy more progress in the future.

## **6. Take a deep breath.**

Few things will drain your motivation faster than an over-stimulated mind. Stay clear on what you're trying to accomplish and focus on the most direct path to get there. Deal with one task before moving on to another.

Keep your brain focused on your current task. Meditation is an effective tool for learning to focus more effectively.

## **7. Include another person – get an accountability partner.**

Going to the gym each day can be challenging. But if you know your workout partner, who is also your accountability partner, is waiting for you, it's more difficult to stay home. The presence of others can increase your level of commitment. Reach out to a friend.

## **Conclusion.**

Without motivation, willpower is the only solution. Willpower is much more difficult to sustain than motivation. Learning to control your motivation is part of learning to control yourself. There's little that can't be accomplished once you learn how to manipulate your level of motivation. Even the most challenging tasks become both manageable and enjoyable!

## **Get some Coaching to help you Achieve Your Goals.**

One of the most effective ways of staying motivated is by hiring a Life Coach who will help you stay motivated and also be your accountability partner – someone who is willing to help you along the way and keep you motivated.

To book your first free session with Dr Anderson, your Transformation Coach, [Click here.](#)

You can also visit **Transformation Life Coaching Service** by clicking on: <https://www.drgracenanderson.com>.

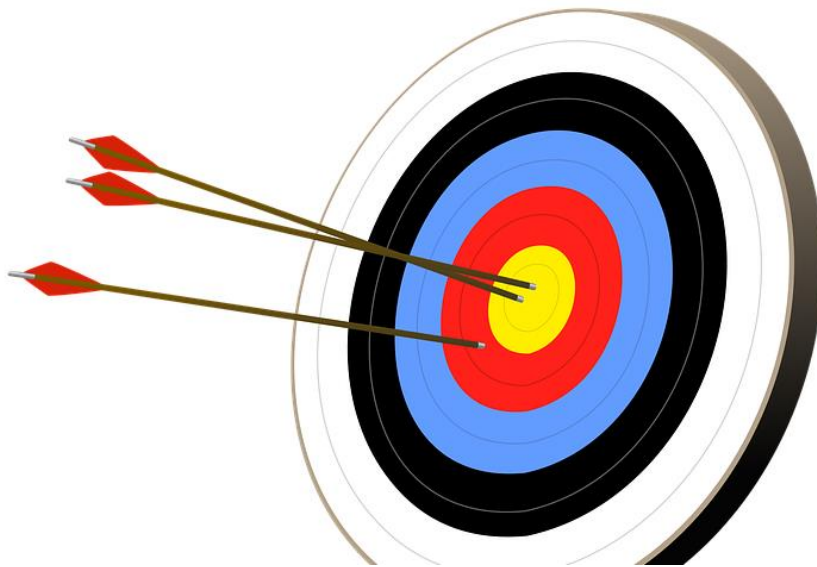
# Chapter Four.

## Practical Steps.

If you haven't set your goals, here's an article I wrote earlier that can guide you in setting your S.M.A.R.T. Goals.

## How to Set Smart Goals.

# GOAL SETTING



### How To Set S.M.A.R.T. Goals

You must have heard of the phrase: SMART Goals?

So what does it mean?

**S: Specific**



**M: Measurable**

**A: Achievable or Attainable**

**R: Relevant or Realistic**

**T: Time limited or Time-Bound.**

**So, what is it that You really Want?**

A goal is like a compass. It helps you **focus** on where you want to go in life and **make positive progress** to get there. However, it's important to remember that you need clarify your goals in order to achieve them. You'll want to make it as easy as possible for you to reach them.

It may take some more time on your part, but when you write out detailed instructions for yourself instead of vague ideas, you have a much better chance at success. Not only do you know exactly what you need to do, but such plans also tend to invigorate you with more enthusiasm.

**Follow these tips in order to clarify your goals:**

**1. Figure out your ultimate goal. What, exactly, do you want? Be Specific.**

- Instead of a goal like “**I want to be successful,**” get down to specifics, such as “**I want to own my own business which brings in at least \$10,000 per month.**”

**2. Don't be afraid of creating the detail. Make your goal Measurable.**

You make the ultimate decision on what you want. Just don't be afraid to set the details. Avoid goals like “***I want to be rich***” because there is no detail.

- **How much money do you want to make?**

- **Why? What will this money provide for you that you desire?**

- **What lifestyle do you want? Cars, homes, ability to travel the world, philanthropy?**

- **How do you want to earn this money?**
- **When do you want this to happen?**
- **How can you prepare for this?**

### **3. Break up your goals. Make Your Goals Achievable or Attainable.**

When you stare at the ultimate goal, it may seem intimidating and unattainable. It's important to **break up your main goal into smaller goals**. Write out detailed plans about how you'll reach each of the smaller goals.

For example, if you want to start your own business, a small goal would be to research your local and business laws and register a name.

### **4. Make Sure Your Goals are Realistic and Relevant to Your Needs.**

Make sure your desired goals are realistic and totally relevant to your needs as well as your capabilities.

It would be fruitless to set a goal that says: "I will climb Mount Everest in the new Year", when you have never even taken a long walk anywhere, let alone climb a mountain! If climbing Mount Everest is your ultimate goal, begin by setting easier and more realistic goals, like, "I will join the Gym near me in the New Year to build up my muscles and reduce my weight", or something similar. Then you can set the time-scale that will eventually lead you to climbing Mount Everest, perhaps in the next three or more years!

### **5. Give yourself deadlines. Make Your Goal Time-limited.**

This is the time-bound bit of your goal setting. It is no use setting a goal that has no deadline. If you do that, you will not be motivated to achieve the., there will be no pressure to go get it done!

It's vital to give yourself deadlines so you know you're making progress towards your goals. Each of your small goals should have an attainable deadline.

In the business example above, maybe you'd give yourself a week's time in order to research different business structures and laws.

### **5. Keep track and Celebrate Your Successes.**

Make detailed notes about what you have done so far. Keeping track of your progress will help you stay organized and on top of your goals. Remember to celebrate your successes along the way, however small. Give yourself a pat on the back, so to speak! This will further motivate you to carry on and work at achieving the next small goal that will ultimately lead to achieving your main goal!

### **6. Make alternate plans.**

Sometimes you won't be able to make the deadline you have set out for yourself, or maybe you'll be unable to follow through with a current plan entirely. It's important to think of alternatives in case certain situations don't work out in your favour. If you already have back up plans in place, you'll save time if you run into snags on the way to your goals.

### **7. Get Organized**

Organization can mean keeping all of your detailed plans and journals in a binder with tabs for easy access to your various sets of notes. Alternatively, you may opt to keep your materials organized by using project management software on your computer. Just remember to make backups of your digital information so that you don't lose it.

### **Conclusion.**

**No matter what method you've chosen, determine the details, set small attainable goals that lead toward your ultimate goals, be flexible so you can conquer challenges, and keep track of your progress.**

Doing these things will bring you ultimate clarity and success.

**If you need help setting your own Goals, [just fill out a Form here](#) and we will get back to you.**

**Motivation is the key to success!** Without it, the challenges and

obstructions soon become too much for you to address and you'll slowly lose faith and hope in your cause. You'll find excuses not to continue and stay status quo. Individuals quit because they feel weary and, as they see no hope.

However, when you hire a Coach, like me, you will have an Accountability Partner who will help you along the way to ensure that you achieve the goals you have set for yourself.

## Chapter 5: Don't be Afraid to Seek Help.

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Most successful people always have mentors or life coaches that they turn to help them clarify their goals and put plans in place to enable them achieve those goals.

If you need an Accountability Partner – like a Life Coach, you can contact me.

**I provide a Transformation Life Coaching Service for people who wish to change their lives for the better.**

Go to this website to find out more:

**Transformation Life Coaching Service – run by Dr Grace Anderson: <https://www.drgracenanderson.com>.**

Accomplishment and accomplishing a goal needs a lot of hard work, and hard work calls for infinite levels of motivation to hold on, limitless drive to take action, discipline, making forfeitures, maintaining a favorable attitude, avoiding limiting beliefs and staying focused.

These all call for a particular **‘willingness and preparation’**. Without the avidness fueled by this inner drive, even taking an easy step of accomplishing one's set of goals may appear like toting tons of weight around, much less rising above mountains of challenges!

**Are you prepared to soar like the Eagle? If not, what's holding you back?**



**Here is a course that can help you directly in knowing how to pursue your goals and stay motivated until you achieve them.**

**GAIN INSPIRATION FROM WINNERS TO BUILD A LIFE YOU'LL LOVE...**

A collage of circular portraits of various successful individuals, including business leaders, athletes, and historical figures, set against a background of a sunset sky and a beach. The portraits are arranged in a grid-like pattern on a green and yellow background.

- Dr Grace Anderson

[Gain Inspiration From Winners to Build a Life You'll Love](#) is an excellent course for anyone who wants to be inspired to achieve their lives' goals like these hugely successful individuals.

The step-by-step process for conquering fear, nixing the naysayers, overcoming obstacles, and making your dreams come TRUE!

This powerful course contains 18 lessons that lead you on a step-by-step journey to truly living the winning life.

A journey of finding your dreams, overcoming your fears, and building the life you love.

In this life-changing course, you'll discover:

The SUCCESS principles used by the most successful people in the world...

...people like Steve Jobs, Oprah, Pablo Picasso, and Anne Campbell.

How to be OPEN to your dreams.

How to CHOOSE your dreams.

How to take specific ACTION on your dreams.

Techniques for NIXING all the naysayers who tell you it can't be done.

Powerful strategies for embracing and then OVERCOMING your failures.

The secrets to finding ELITE mentors.

How to SILENCE the fears that hold you back from building a life you love.

How to RECOGNIZE opportunity when it comes your way.

And so much more!

[Click here to check it out.](#)

## **Conclusion.**

Remember to take massive action by taking small steps at a time.

Start by applying the suggestions given in this eBook and I am pretty sure you will soon begin to see significant and positive changes in your life.

Hope to connect with you soon.

Here's to your success!



**Dr Grace Anderson.**

<https://www.drgracenanderson.com>