

# 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!

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 are able to begin paving 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.***



## **1st Things 1st**

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.

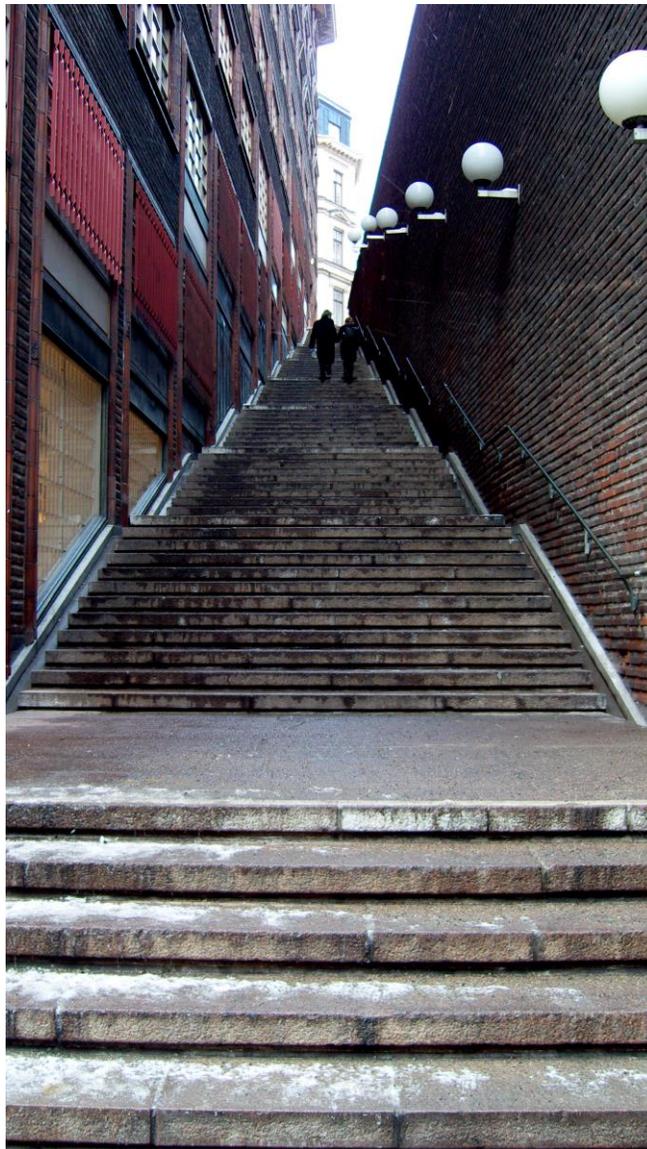
Getting a hold of that aspiration or goal: Questions you need to ask.

- 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 evident reason to set any true goals nor 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 spur your personal enhancement. However you shouldn't be smug just because you are satisfied with your present state of affairs; things may change

anytime and they'll hit you at the most unforeseen times. The economy today is exceedingly volatile and no one may 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!



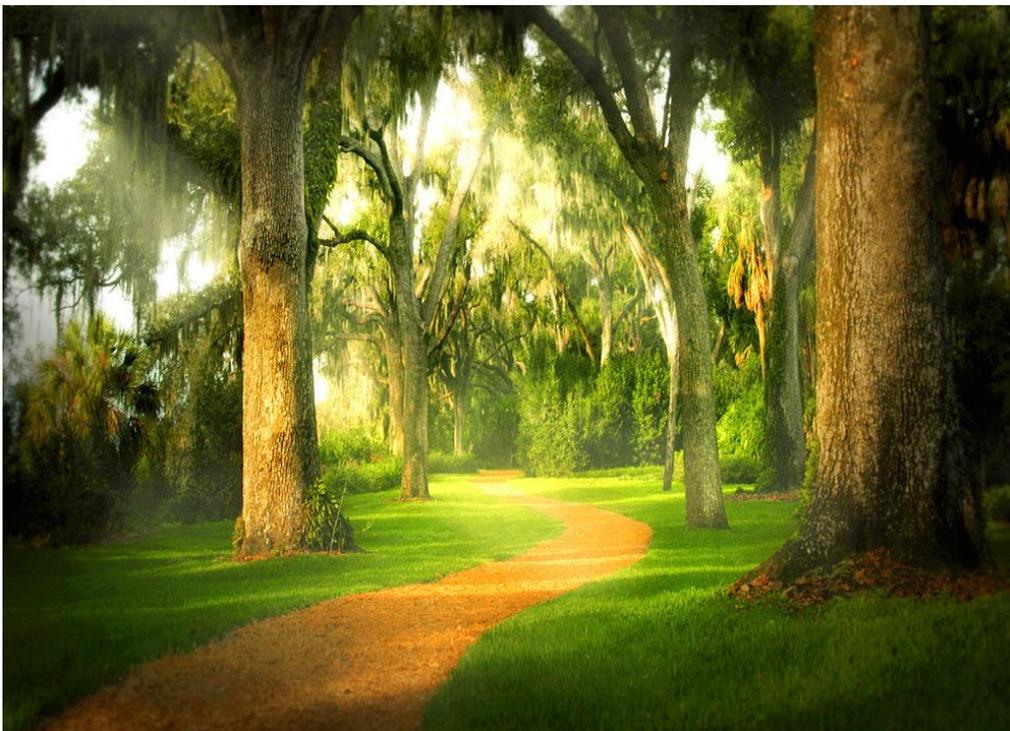
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## Chapter 2:

### *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**

Arranging Your Goals – There’s an immense difference in having goals and in reality following up on them. Simply daydreaming 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.

Conducting Action, Executing – 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, gifts, 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 monumental amounts of 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 real 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 inside you.

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

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# Chapter 3:

## *Behind Motivation*

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*From my research of astonishing individuals ranging from elite jocks, enterprisers, inventors, scientists, musicians – I discovered that they've never once banked on other people to motivate themselves. 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, discipline and forfeitures they had to make to accomplish what they knew was their aspiration.*



## **The Secret**

I eventually drew my conclusion 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.

Although they've this basic trait, they're each on his own, aces in their individual areas of success, and are popular icons, distinguished now for their fantastic contributions and affect on our lives. Maybe your goals and objectives are not of earthshaking dimensions or affect on the universal community, but they're 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 accomplish. 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 their intensities of self-command and motivation.

By now, you ought to understand the theory of why motivation is so crucial! Without a thrust behind you, you might decide not to move but rather remain stagnant in the same place indefinitely till it's too late.

Personally, I've exposed the secrets to unlocking this self-induced, self-generating drive that's perpetually renewing and sustaining, and I'm here to share this knowledge with you. This rechargeable origin of motivation has helped me accomplish great success in life! I've accomplished most of my sales targets, personal objectives and goals and am thought an entrepreneurial success nowadays.

This 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.

But with an unceasing flow of self-generating motivation inside you, you'll be able to overcome all obstructions and challenges that life throws at you. The chief difference between a winner and a failure, is that the former is able to promptly renew their confidence and drive; and do so quickly enough so they're ever-ready to solve any issue, overcome their own insecurities, disbelief and make the forfeitures they have to in order to move on. Without quick, readily renewable confidence and motivation, it's likely they lose sight of their goal just as swiftly and call it quits.

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# Chapter 4:

## *The Rules For Goals And Dreams*

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*Irrespective of the aspiration and goals you've in mind, as long as you long for limitless, non-finite levels of drive and are self-stimulated, promptly renew motivation by unlocking and stirring up your innermost wants, there's no aspiration too huge nor too impossible to accomplish. All that matters is how you may excavate this hunger and want inside you to inspire your passion and motivational drive that you may ceaselessly nurture, grow and develop.*



## **Avoid This**

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, defeat issues, keeping one's confidence and so forth.

Which in turn, calls for a particular 'willingness and preparation'. Without the avidness fuelled 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 over mountains of challenges!

Action – accomplishing any goal and targets calls for 'getting your hands dirty'; that is, you have to do something and take action on the goals you've set. And you won't do anything about it unless you're motivated to do so; and you'll simply be dreaming castles in the air with nothing becoming a truth.

Goal arranging and designing – Are you inspired to arrange your goal and have the drive to help you accomplish most of what you've set out to accomplish? And still be able to arrange yet another goal and go on charging ahead towards it?

Specifying and setting your goal solely won't be adequate to motivate you to carry the tasks through with drive and determination; but even prior to that, you require inspiration and motivation to really want to specify and arrange these goals. Put simply, you require motivation right from the very beginning to get you excited about goal arranging and likewise having enough of it to help carry you through your jobs to finally accomplish your goals

Discipline – accomplishing one’s goals calls for exerting discipline and stern keeping to whatever has been designed. This is only conceivable when there's sufficient self-command and drive to enforce such levels of discipline on oneself.

Self growth- Nobody may claim to know everything, but studying is one way to heighten one’s knowledge about the world. Each individual has their own limits and failings, maybe owing to the way they've been previously taught and the sort of education they've been exposed to. But when one sets out to accomplish, it's frequently that this learning process itself gets accelerated, enabling one to learn more and get better equipped to accomplish one’s goals.

This is where motivation comes in; to inspire a review and growth of oneself; to subdue all weaknesses one might have. Yes indeed, self-betterment and upgrading calls for inspirational motivation and all of this is derived from the inner drive and self-command you possess. Without motivation, most individuals won't be willing to make the sacrifice of time and work to upgrade.

Forfeiture – Are you geared up to forfeit your leisure activities or not spending recreational time with your loved ones simply to commit to your job at hand? It's crucial that you're able to place your goal as greatest priority; over and above everything else which ought to take 2nd place.

If you're not motivated enough to be entirely dedicated to your goals, it will be practically impossible for you to make forfeitures and provide your goal that first position in your life. When you allow everything else to get in the way, your goals will be brushed aside,

ignored and sooner or later forgotten. Making any sacrifice calls for a deep sense of commitment to your personal want, your reason, your motive and innermost intention; only then will you be willing, geared up and enthusiastic enough to see through your goals; without becoming tempted by additional distractions or excuses.

Remember that addressing excuses will always be your first and biggest obstacle to accomplishing your goals – so it's crucial you set your mind on what you wish and not fall prey to distractions.



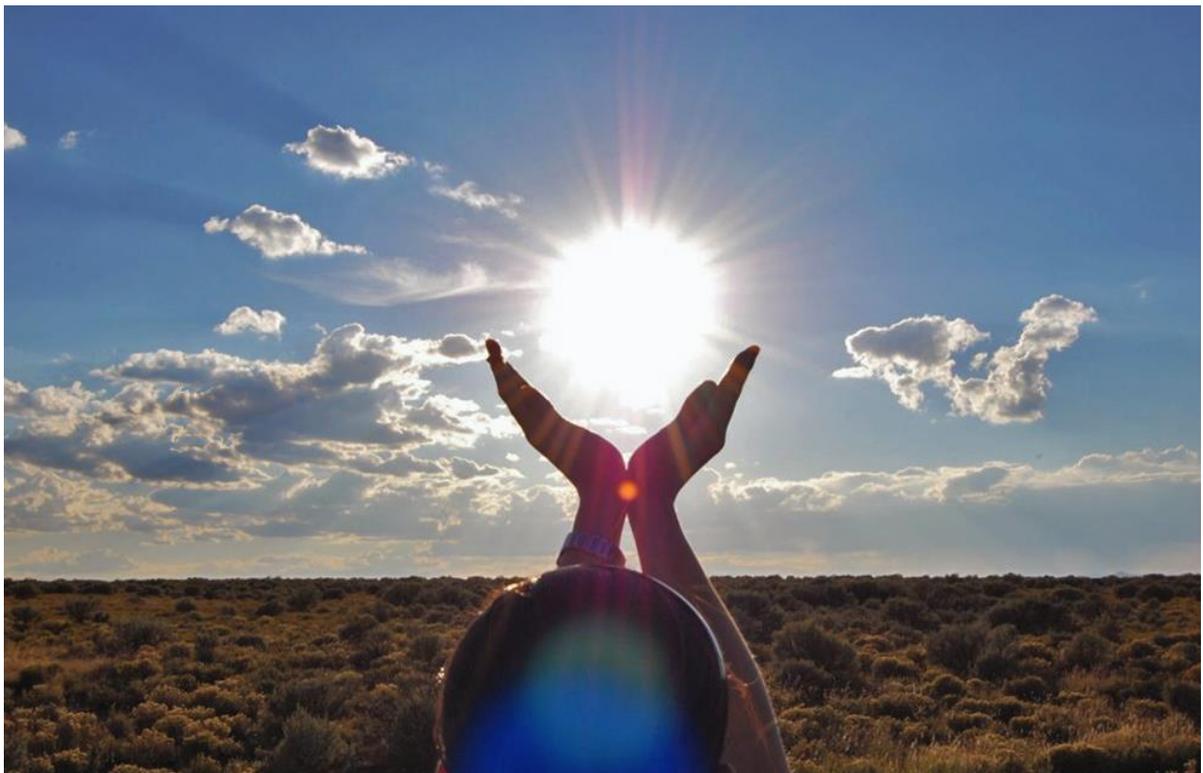
# Chapter 5:

## *Practical Steps*

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*Life may throw some hateful punches from time to time. Occasionally it literally feels like you will not see another great day.*

*This is to give you a couple of tips on how to keep yourself motivated, even when... life is nerve-racking, failure seems inevitable, distress comes, and so forth.*



## Use It

What you give is most likely what you'll get in return. Seek out and check what you may contribute to your team or work surroundings. Be engaging at work and that will lead you to get greater levels of engagement at home and in your community of interests. Whether you work virtually or on-site, be a participating piece and extend your splendid contributions.

If it's to be, it's up to we! Hold other people accountable for their engagement while at the same time accept responsibility for your own engagement. Prompt other people to continue to kick in and elevate engagement and fundamental interaction. Be accountable and responsible.

Your energy is your center raw material for engagement. Discover ways to step-up your levels of mental, emotional, tangible and spiritual energy while as well ensuring you take time for recovery.

You have to learn how to discover ways to disengage from work to reload and rejuvenate ourselves for the work ahead. So do something for yourself and have merriment, relieve that stress and center on jobs that you know will de-stress you.

Individuals who understand what their strengths are utilize them on a daily basis and utilize them in the service of other people. In doing so, individuals report greater levels of authentic happiness. What are your talents or qualities you bestow and what activities do you engage in that fortify you? Know your strengths while likewise knowing what fortifies you!

Be authentic, truthful, and ethical and leave an impression on other people by showcasing the individual you truly are!

Quit the "if only" thinking and accomplish what you may with what you have where you are! Don't postpone things while waiting for the perfect chance. If only my life would do this, if only people would recognize me, if only I had another job.

Quit that negative thinking and rehearse the great advice from a basketball coach: don't let what you can't accomplish interfere with what you can accomplish.



## Wrapping Up

These are my personal discoveries that you'll never find elsewhere. It's from my findings you'll comprehend how you may generate infinite, unlimited levels of drive and motivation all on your own.

Fan the fires of your desires with my special strategies and boost your self-command so you may be perpetually and passionately motivated.

This is what I've learnt, practiced it all in my personal life and shared with other people. Unlock your potential, harness your power and determination so you may achieve your heart's desires.

