



How to Become Self Motivated

The reason most people quit on their dreams is because they have forgotten why they wanted their dream in the first place. Once you stop focusing on the "why," you start focusing on your obstacles, then get discouraged, and finally quit. The key to becoming self motivated is to find your why and to constantly focus on it. If you do that, discouragement can't get a foothold in your life and you will not quit.

Many people set goals without having a clear, compelling reason for them. You need to have strong "why's" to back up your goals. A powerful "why" is what separates a goal setter from a goal achiever. The "why" becomes the driving force that gets you into action. The "why" is the motivation. But it is up to you to become the starter, the spark plug, if you will, for your "why". Once you get the "why" going and the "why" will get you going.

The best way to effectively use your "why" to become unstoppable is to create a "why" card. The "why" card is written specifically for you. You need to read your "why" card every morning and evening with power, passion, and conviction over and over for 3 minutes. That's how you "jump start" your why. If you do this every day, your why will automatically drive you to take massive action in the pursuit of your dream.

Fear of failure is what keeps most people from realizing their dreams. Reading your why card will give you the courage to take action in spite of your fear because if your why is big enough, the facts don't count.

Initially, your why will fit on a 3x5 card. As you become crystal-clear about the life you want to create, your why might end up being several pages long. My why started out as a short card and eventually became a 30 minute cassette tape. I would listen to my why tape on the way to the gym and it fired me up to be my best.

Here is an example of what somebody might write on their why card:

I'm willing to do whatever it takes to realize my dream because my dream will transform my life. I am financially free. My business is booming and because of it I am spending more and more time with my family. We live in a dream home in Colorado. We also have a winter home in southern Spain. We travel the world as a family. I see our children using the principles of success to positively impact other people's lives as they achieve their own dreams. We are donating 50% of our income to the charities of our choice. I am building a library for our local school. I'm in terrific shape. I'm making a big impact in other people's lives. I'm enjoying the fruit of my work.

Tips for writing your why card:

Your “why” card needs to be written in the present tense, it needs to be filled with action verbs, and it needs to make you feel empowered and strong. If it doesn't, you are not dreaming big enough. Your dream needs to take your breath away. If the thought of your dream doesn't make you get up at a different time, make you read the books, listen to the tapes, and hang around different people, it's not big enough.

Your “why” will empower you to act differently. It will make you carry yourself differently. It will change you. It will make you better. That's why your dream needs to be bigger than you currently are. It has to make you grow. The dream gives your life a purpose.

Stop focusing on your past. Start focusing on your “why.” Remember, you have enormous God-given power to make your dream a reality. You just have to believe that you were created to make your dream a reality. I challenge you to find your why, to read it daily, to share it with the world, and to make your life an adventure.

Put it into action:

Write and use your “why” card, so you can build and create a better life. Use your “why” card to make you relentless in the pursuit of your dreams.

FourWinterGames.com

© Ruben Gonzalez

