

3 Steps to Sustainable Motivation Without Hype or Willpower



Congratulations on downloading this free report. I believe that once you understand how to tap into your own inner motivation and then sustain it, success no longer becomes a matter of if, but of when!

That doesn't mean that life will make things easy.

There will always be challenges and adversity...

But that's your advantage!

You see, true motivation is not weakened by adversity but rather strengthened by it!

The more challenges you face, the more your motivation grows.

You don't get frustrated and quit.

You pivot, you learn, you grow – but most importantly, you NEVER give up!

Whatever goal you have in life, you are capable of achieving it, if you can just sustain your motivation for long enough!

That's what this report is all about.

So let's get to it!

Step #1 – Do You Know What Do You Want From Life?

If you're serious about winning at life, then the first step is for you to get clear on what winning at life looks like, based on where you are right now!

Notice the words, "based on where you are right now!"

That's critical!

You see, too many people will tell you that in life, you need to have a big vision for yourself.

"Throw off the shackles of disbelief and make your greatest dreams a reality" is often the mantra of many self-help gurus.

I understand that. If that works for you, that's great.

However, I'm a big believer in momentum. You see if you're just starting out, you need to set a destination that you need to reach, even if it just represents a 1% improvement from your current situation.

Look, setting grandiose visions for our lives makes us feel great in the moment! However, my aim with this book is to give you the tools and strategies to actually create the life you want – and if you're broke or struggling right now, setting a grand vision for yourself isn't going to motivate you to do anything.

I can tell you this from personal experience.

You see when I was broke, all I wanted to achieve was "Put food on the table. Keep our home!". That might not sound very romantic and even selfish in some ways, but it was where I was at. Nothing was more important to me than finding some way of providing for my family and keeping our home.

That was the totality of my vision!

It wasn't to make a "dent in the universe" as the late founder of Apple Steve Jobs would say. It wasn't to create schools for underprivileged children in a third world country. It wasn't to leave a legacy.

Nope!

It was simply to put food on the table and look after my family.

That was my vision – and it wasn't just a wish! It was an absolute, "I MUST make this vision a reality!"

You see the difference between a vision that comes true and a lovely series of wishes that you might even write down on paper but then forget about the next day is that a wish is something that would be nice to have.

However, a vision that comes true is something you know you **MUST** make happen!

Take some time to get clear on what you want your life to look like – in all areas. Then ask yourself, is your vision something you **MUST** make happen? Is it something you are absolutely committed to or it is a “nice to have” that you could dream about, but you’d really rather prefer to binge on Netflix?

You see, when you ask yourself, “What **MUST** you make happen?”, there will be certain parts of your vision that will jump out at you. Maybe you need to earn more money to provide for your family, maybe you need to work on your health so you can have more energy to devote to your relationship, maybe you need to work on your stress management skills so you don’t keep overeating or taking your anger out on your children.

Whatever it is for you, keep the parts of your vision that you know you **MUST** make happen! For anything that isn’t a **MUST**, I’m going to say something completely contradictory to almost any self-help book out there.

Downgrade the parts of your vision that aren’t a **MUST** for you... until they become a **MUST**!

Let me give you an example.

From a health and fitness perspective, maybe your vision is to look great in a bikini again or to have rippling six pack abs. However, you know that’s not a **MUST** for you. It’s something you’d like to have. It’s just a wish – and sometimes you’re reminded of that when you scroll through your Instagram feed! However, what **IS** a must for you, is to have the energy to play with your children or to get to a certain weight level so your partner or spouse doesn’t have to worry that you’re going to drop dead of a heart attack one day.

If that’s the case, then downgrade your vision to what is a **MUST** for you!

Here’s the reason why this is important.

If you set a goal or a vision for your life that you really don’t feel the need to make happen, you’re setting yourself up for disappointment.

You're going to struggle to find the motivation to do what you need to do in order to make your vision a reality – because it's NOT really a MUST for you.

However, when something is a MUST for you – it becomes the standard by which you assess your progress.

So, set a vision for yourself that you know you MUST make a reality. When you do, you'll be amazed by how quickly you move towards making your vision a reality.

Now, if you're worried that you might be limiting yourself, don't let that concern you.

You see, one of the surest ways to achieve great things in life is to use the Power of Momentum!

Oprah Winfrey, when she was going through her struggling childhood, didn't have a vision to own her own TV network! She didn't even know that was possible.

However, she set a vision for herself of escaping her horrendous upbringing and doing something she found meaningful with her life. As she made her initial visions for herself a reality, she started to use the power of momentum. She started to ask herself, "If I've achieved this much, what else is possible?"

When you're in that state, you start setting and realising bigger visions for yourself.

I followed the same process.

When I was struggling financially, my vision was to provide security for my family.

I made that dream a reality.

Then I asked, "Well, now that I've achieved that, what else do I want to achieve?"

Well, I wanted to provide for my family, while also being able to spend more time with my family.

I made that dream a reality as well!

When you are clear on what you MUST achieve AND why you MUST achieve it, motivation becomes self-sustaining!

You see, when I first started, I didn't know what was possible for me. I still don't. You don't either. However, when you start creating visions for your life that are absolute MUSTS and then you start making them a reality, you start to engage the Power of Momentum.

You start to expand what you believe is possible for yourself. Almost no Billionaire started out with a goal of becoming one. They didn't believe it was possible for them. However, as they kept realising their goals and visions, they engaged the power of momentum and started to set even bigger visions for themselves.

You can do the same. After all, you don't have to do this exercise once.

Vision setting is an iterative process. It's not a do-it-once-and-it-has-to-be-perfect thing.

You set a vision based on what you MUST achieve. Then once you make it a reality, you then do this exercise again – but you're now in a state of positive momentum and that's how you start achieving great things in your life!

Now, if you're going to set a vision for your life that you MUST achieve, the question is,

“What do you want from life”

Unfortunately, many of us don't know!

We're so used to struggling in life and experiencing everything we don't want, that we have no idea what we do want.

If that's you, then here's what I want you to do.

Take a piece of paper and put a line down the middle of it.

On the left-hand side, write down everything you don't want and don't like in your life.

Then on the right-hand side, write down the exact opposite.

What would it feel like if you had the opposite of what you have right now, in certain areas of your life?

After all some areas of your life might be ok and just need a slight tune up. Others might be terrible and need a complete 180-degree turn.

Whatever the case, just by doing this exercise you have started to gain clarity on what you want from life.

Then just fine tune each aspect of your life on the right-hand side of the page to be what will make you happy.

This is when you start to let joy be your GPS.

You let your happiness direct your choices in life.

Now that might sound strange.

After all, many of us have been taught that happiness is a result of something. It's the result of achieving a goal or getting something we want. Unfortunately, that is backwards – and following that philosophy will result in a life of disappointment and unfulfillment.

I used to suffer from this all the time. I thought that if I achieved a particular goal, if I made a certain sum of money, if I got the approval of a particular person, I'd be happy. I literally tied my happiness to things out of my control – and it was little wonder that no matter how much I achieved, I could never find happiness.

Let Your Happiness Direct
Your Choices in Life

However, rather than change what I was doing – I would continue to try to achieve more, hoping that was the answer.

Unfortunately, I ended up just burning out because I was on the Achievement Treadmill! I was achieving more to try and become happier, feel better about myself and feel worthy. When I didn't gain the emotional fulfilment and happiness I wanted, I just thought it was because I had to achieve more!

I've gone through enough pain now to know that doesn't work.

Now I let my happiness direct my choices in life.

I literally ask myself, "What would have to happen to make me happier than I am right now?"

Initially, it was to put food on the table and provide for my family.

Then it was to have more time to spend with my family.

Now I've taken it to another level again.

When you let your happiness be the catalyst for what you want to achieve in life... and not the hopeful result of achieving something, guess what happens? You are happy first and then you achieve, which gives you so much more power, rather than achieving to be happy, which destroys you from the inside!

Now happiness is not some airy, fairy concept! It is NOT what you get by attending Happy Hour!

It can actually be rocket fuel for your greatest life. However, happiness is not found outside of you. It is generated from within you.

There are just two components to long lasting happiness and fulfilment:

1. Living a life that is in line with your values
2. Making progress towards a vision that is true to your values.

Put simply, you must have a vision focused, values driven life.

That doesn't mean you won't get down on yourself or bad things won't happen. It just means that you know how to bounce back sooner because you are aware of what's important to you.

As you might have noticed that whenever I talk about what I want to achieve from life or the life I want to create, everything ultimately comes down to my family. My two boys are everything to me and virtually everything I do is in service of them.

Happiness comes from making progress towards a vision that is aligned with your values

When you live in service of something, your ego gets removed from the process. This is important because your ego is your ultimate enemy of happiness, love and creating the life you truly desire.

You see, when I wanted to get fit and have rippling six pack abs in my 20s, the reason I wanted to do that was to look good for the girls.

It was completely ego driven – and I NEVER achieved it. In fact, I almost never achieved anything that came from an ego driven perspective. What was worse was, on the rare occasion that I did achieve a goal that I set for myself from an ego perspective, it NEVER made me happy long term and it often came at a cost that wasn't worth the reward.

Ever wondered why people cheat to hit their financial goals, fitness goals... or even to win a particular event? Their ego takes over and they feel they MUST win in order to be considered worthy as a person.

Bernie Madoff, the former New York financier who organised one of the biggest Ponzi Schemes and financial frauds of all time, was interviewed by the Financial Times about why he committed such a crime, destroying so many lives in the process. After all, he was already a wealthy man before he started his scam. His response was, "Ego." He felt he had to keep doing what he did, even though he knew it was wrong, to gain the approval of other successful finance people, so he could be happy.

Unfortunately, letting your ego motivate your achievements will NEVER lead to long term happiness – and will often lead to destroying the things you hold dear. In Madoff's case, he lost his life (he'll be in jail until he dies), his wife hates him and one of his sons committed suicide.

Of course, Madoff's situation is horrendous and extreme. However, I bet if you're honest with yourself, you've tried to achieve things so you can look good, gain others' approval and ultimately satisfy your ego. I'm betting that regardless of whether you achieved the goal or not, happiness did not follow!

As I said, I've been there many times.

However, when I set a goal that is in line with my values and what will make me truly happy, not only do I achieve my goals more easily, I also end up happier!

For example, when I set a goal to be fit so I could play with my children – Boom! I got myself into the best shape I've been in, in years – and I'm still on the up and up.

I stopped overeating, I stopped eating rubbish and I started doing what I needed to, in order to achieve my fitness goals, without doing anything extreme.

Ask yourself, what do you value in life? What is important to you?

As human beings, we are built to do more for the people we care about than ourselves. When you tie your vision for your life to the people you care about, you are giving yourself a much greater chance of success!

So, get clear on what you value and what is important to you

Here are some questions to get you thinking:

What is important to you in your relationship?

What is important to you with regards to your children?

What is important to you about your career?

Once you are clear on what is important to you, you start to get clear on your values. Then you set your vision in line with your values.

If you're an achiever, and I'm guessing you are since you got this book, you've achieved things before. However, it probably hasn't always brought you the happiness you wanted.

The reason isn't that you're not capable! The reason is that you don't need more achievement for achievement's sake. Rather, you need more alignment.

When your achievements are aligned with your values, then you're living an authentic life.

When your achievements are in line with what you believe is important to you, that's when you gain fulfillment from your hard work.

So now it's your turn.

Take some time to set a vision for your life, based on what's important to you! Do not worry about what you think you should have achieved by now or what other people tell you that you need to do. Forget all of that.

This is about you! Your vision can be small and selfish if that's what it takes. Remember, mine was!

There is a famous conversation from the story Alice in Wonderland, where Alice asks the Cheshire Cat:

"Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to get to," responds the Cat.

"I don't much care where—" said Alice.

"Then it doesn't matter which way you go," said the Cat.

"—so long as I get SOMEWHERE," Alice added as an explanation.

When what you seek to achieve is aligned with your values, you will gain fulfillment from your hard work

“Oh, you’re sure to do that,” said the Cat, “if you only walk long enough.”

People who are living the life they want are clear on where they want to go. So, don’t disregard the importance of this exercise. People who fail to live the life they want have no clue what they want to achieve – and they often just float along with the tide hoping they end up “somewhere”, as Alice says, and then hope that somewhere is a good place to end up.

Unfortunately, that is rarely the case. A boat that drifts along with the tide often ends up shipwrecked.

So, you need to get clear on what you want.

Start with the most important areas of your life. That could be money as it was for me when I was recovering from being broke or something else. However, don’t forget there are 8 aspects to living a fulfilled life.

1. Your health and fitness
2. Your finances
3. Your career – which is intricately linked to your finances. However, you can make money doing something that destroys your soul and you don’t want that! So think about what you’d like to do in life that would make you happy and financially wealthy!
4. Your intimate relationship
5. Your family relationships
6. Your social circle – the people you spend time with
7. Your level of contribution to others
8. Your level of fun in life

When you’re starting, pick the one area that will make the biggest positive difference to your life? Get clear on what level you MUST improve it to. Once you have clarity, you can start setting goals and milestones to help make the vision for that area of your life a reality. That’s what we cover next!

#2 The Art of Goal Setting

Once you're clear on your vision and your values, you can now begin to set goals that actually mean something to you.

You should never set goals until you have clarity around your vision and values.

Now if that sounds counterintuitive, stick with me here.

You see, goal setting and New Year's resolutions have got a bad name. Many have tried setting goals or New Years' resolutions and then complained that they don't work.

Well, they won't work unless you are clear on your vision, values and why you want to make these goals a reality. You see only when you are clear on what you want and why it is important to you, can you then set goals and milestones that will be aligned with your vision.

Without this clarity, it can be so easy to get confused and overwhelmed with all the conflicting advice out there!

Let me give you an example from my own life.

As I shared in the previous chapter, I only started to get into shape once I was clear on exactly what I wanted from my health, energy and fitness. I wanted to be able to play with my children and be able to keep up with them as they grew up to be teenagers and beyond! I have a very clear vision and as you can see, it is clearly aligned with my values.

I then set my goals that will help me get to my vision. One of those goals is to resume playing tennis once a week, which I continue to do. However, I fell sick a couple of weeks ago. Nothing serious but I wasn't sure if I should rest or push through and stick to my new routine of playing tennis once a week.

The question came down to, what was I really committed to?

Well, I was committed to being able to play with my boys. That's the vision I have for my health and fitness. So, when I considered my decision in respect of my vision, it made much better sense to rest for a week and then resume playing tennis.

At school, we're taught that there is only right answer to every question. However, in life, what's right for each of us is different. You need to make

every decision in line with your ultimate vision. You need to become very mission specific.

If I was motivated by my ego and wanting to tell people that I played tennis once a week for 52 weeks in a row, I would have gone and played tennis. I'd have probably got even sicker, missed out on time with my boys and time helping clients because I had to rest – and the whole thing would have been pointless. I would have achieved my ego driven goal, but at what cost?! It would not have made me any happier.

Now on the flip side, if I felt lazy about getting out on court every Wednesday morning, and continually cancelled, then I would have to ask myself if I was really committed to making my vision a reality? Was it a MUST or was it a nice-to-have?

If I was committed to my vision, then maybe my chosen strategy was wrong. Maybe, instead of playing tennis, I should get a personal trainer or join a group fitness training class. You see, whichever option I choose, as long as I follow through, I will achieve my goal of getting fitter. All the strategies work. I just need to find the right strategy for me!

Never feel bad about quitting a bad strategy for you. If something won't get you to your goal, then what's the point of doing it? Even if it works for someone else, if it doesn't work for you, it's a bad strategy for you.

Now, if I wasn't committed to my vision, that's fine too. If getting fitter was just a "nice-to-have", that's ok. I just need to be honest with myself or I set myself up for disappointment and a feeling of failure.

You need to do the same. Set goals that will help you get to your ultimate vision, and if you find your motivation waning, ask yourself whether the vision you set for yourself is something you MUST have or just a "nice-to-have-if-you-don't-have-to-work-hard" thing.

Once you are clear on the vision you want to create for yourself, you need to ask yourself what habits you need to install in order to make your vision a reality.

If you see an extremely fit person, you'll notice they have very different habits to someone who is unfit.

If you meet someone who created wealth after starting with nothing, you'll see they have different habits to someone who is struggling financially.

If you meet someone who has a loving and intimate relationship, you'll see they have different habits to someone who can't stay in a relationship.

So, ask yourself, what habits do you need to install in order to put the odds of success in your favour?

If you're not sure, then find someone to model. Everything you want to achieve in life has already been achieved by multiple people. Find someone who has achieved what you want. Find out their habits and rituals. Then copy them and fine tune them to suit you.

Warren Buffett learned the fundamentals of his mega-successful stock market investment strategies by modelling Benjamin Graham. Oprah Winfrey models many of her strategies for successful living on Maya Anjelou. Mukesh Ambani, India's richest man and the owner of the world's most expensive home, modelled his early business strategies from his father.

So, get a coach who you can model. Join a group fitness class or mastermind, so you can model what works from them. Go to Amazon or the library and get books on people who can show you strategies that you can model. Not everything you try will work for you. That's ok. Get rid of what doesn't work and keep what does.

As supercoach Tony Robbins says, modelling allows you to fast-track your learning and turn "decades into days!"

Once you're aware of your success habits, then ask yourself if there are any key milestones you need to hit.

Again, coming back to my health and fitness, one of my key milestones is to be able to run 5km (or about 3.1 miles) I've never run this far before, or at least not since I was a teenager, which was over 2 decades ago! Hitting this milestone will condition my body to have the energy and physical strength to play with my boys.

Can you see how every goal and every habit you put in place MUST be in line with your vision? In fact, once you're clear on your Vision and why you must make it a reality, removing bad habits is simple. You don't need to hold onto them anymore because they don't serve you. It becomes almost effortless because your vision pulls you and your habits into alignment with what is required to make that vision a reality.

You see I stopped gorging on fast food multiple times a week when I realised that it could kill me and prevent me from being there for my children. I stopped overeating because, even though it helped me deal with my stress in the short term and feel better about myself temporarily, I realised it was costing me everything that I actually wanted in life – my energy, my vitality, my ability to be with my children.

If you try to change bad habits without being clear on why you MUST and what you're trying to achieve instead, you're setting yourself up for failure. So if you have bad habits that currently don't serve you, don't focus on trying to change them first. Focus on getting clear on your vision and why you MUST make that a reality instead.

Goal setting works when you set goals that are in alignment with your vision and values. Otherwise, you just end up wasting your time.

Now once you have your habits and milestones, the next question you need to ask is very important. It is the one question, almost everyone who falls short of their vision, despite hard work, fails to ask.

There are two versions of the question which are:

1. "Who's help do I need?" or
2. "What help do I need?"

I don't care how good you are or how motivated you are, you will need help from others. We are not meant to succeed alone.

Roger Federer, proved himself to be the greatest tennis player of all time, with a late resurgence in his career in 2017 and 2018. Yet, that only happened because he got a new coach and someone to redesign his tennis racket!

Chris Hemsworth or Thor from the Avengers has a personal trainer help him build his God like physique!

When I set my goal of going from 0 to running 5km in a year, I immediately realised I could not do it alone. I needed something to help me assess what progress I was making, or I knew I'd just go out and run as hard as I could, injure myself and then give up. That was a common pattern for me when it came to exercise.

So I got an app on my phone. The app tells me how far I need to run each day, how much of break I should take between running sessions and how hard I

should push myself. It helps me stay on track and make progress without having to think for myself. That's exactly what I needed

Think about what help you need to keep you moving towards your goals. Do you need a coach, an accountability buddy, a support group? Whatever help you need, don't be afraid to ask for it. As I said earlier, we're not meant to travel the journey of success on our own.

#3 What to Do When You Don't Think You Can

What do you do in life when there is something you want to achieve, but you don't think you can?

Maybe you don't think you're good enough?

Maybe you've tried "everything" but nothing has worked.

Maybe you just can't get yourself motivated.

I've struggled with those sorts of thoughts and emotions before. It sucks!

When my former employer sued me, one of the ways I got them off my back was to agree to NOT tap into any network I had, that they were aware of me having. I was financially destitute, not able to reach out to the people who could help me and having to start from scratch.

The only analogy I can give you is, imagine if you were dropped into a foreign country where you don't know anyone, you have very little money – and you now MUST make your business work with zero contacts or you starve!

That's exactly where I was – and I didn't know what to do.

I didn't really understand marketing.

I couldn't ask anybody for help

I didn't have any existing customers to ask for referrals.

Yet, I had to do something.

So, I employed what I call "Gun-to-the-Head" thinking!

It's the kind of thinking that says, "I don't know how to achieve my goal, but I MUST find a way, because if I don't, someone will put a bullet in my head or WORSE, a bullet into one of my children!"

It's extreme thinking but it works.

It cuts through the fog of confusion.

You start to think about how you can achieve your goal, even if you don't know how. You don't get stopped by your fear of failure. You don't stop when you make a mistake. You just keep moving forwards, because you have no other option.

You see, you don't realise how strong you are until being strong is the only option you have.

I had no idea how I would succeed in business, but I had to find a way or we would lose our family home! It was a scary place to be!

I only had two choices: Succeed or Surrender and Surrender was off the table as far as I was concerned. I was NOT going to lose our home or have our children not have enough to eat.

When achieving your goal becomes an absolute MUST for you, even if you don't think you can or you don't think you're good enough – only then will you push through uncertainty, fears and limiting beliefs and do what is required in order to achieve your goals.

Only when the reasons why you MUST are more powerful to you than the reasons why you CAN'T, will you take action.

Now here's what's exciting...

When the reasons why you MUST are more powerful to you than then reasons why you CAN'T, your success is guaranteed. You'll never give up. The consequences of quitting are too painful. So, your success is no longer a matter of if. It simply becomes a matter of when and how!

So, if you have a goal that you want to achieve but don't think you can, then please do this exercise.

Take out a piece of paper and at the top, write down a goal that you want to achieve but don't think you can.

Then below that draw a line down the centre of the page.

On the left-hand side, go to town and write down all the reasons why you can't achieve your goal. If you think this isn't very "positive thinking", it isn't.

You'll see why this works in a moment.

Once you finish writing all the reasons why you can't (and if you need more paper, then make sure you get it), on the right hand side, I want you to write down all the reasons....

WHY YOU MUST ACHIEVE YOUR GOAL NO MATTER WHAT!

If you've never done this exercise before, you'll initially come up with nothing. Your brain will stall on you.

That's normal.

Stay with the exercise!

Ask yourself what happens if you don't go for your goal or if you quit halfway. What are the consequences? Who gets hurt or has to pay for your unwillingness to push through difficulty?

If you do this right, it will be painful. It's meant to be. It's better to get clear on the consequences of quitting, before you quit – rather than realising them afterwards, when it can be too late.

This is not "positive thinking". In fact, it's actually negative thinking.

It does not matter how many or how few reasons you come up with. Once you're done, here's the question to ask:

Which side has more power over you?

Are the reasons why you can't achieve your goal more powerful or the reasons why you **MUST**?

Only once the reasons why you **MUST** are more powerful to you than the reasons why you can't will you do what it takes to achieve your goals – and only then is your success guaranteed!

When the reasons why you **MUST** are more powerful to you than the reasons why you can't, your success is virtually **GUARANTEED!**

You see, when I had to succeed in business, I only had one reason why I absolutely had to succeed! Just one simple reason – but it was more powerful to me than all the reasons why I couldn't!

Here was my reason...

“I can’t let my children and my wife suffer when they were blameless!”

You see, when you have just one reason (although more is better) why you can never give up, you don’t quit! You don’t give into your fear of failure. You don’t care whether you think you can or you think you can’t. You just know you **MUST** find a way!

That is the level of determination you **MUST** have to achieve your vision.

Only when you have a powerful reason why, will you then do what it takes to overcome the inevitably difficulty that will arise on your path to achieving your goals.

Remember, what I said earlier. We, as human beings, have an inbuilt motivator within our DNA that says we’ll do more for others than we will for ourselves. When you tie your reason why to the people you most care about, you’ll punch through walls. You will become unstoppable in the face of adversity because no matter how many times you fall, how many times you fail, you’ll keep moving forwards. **YOU’LL NEVER QUIT!** That’s how you become unstoppable!

So get clear on the consequences of giving up! Who will you hurt if you quit? What will it cost you and the people you care about the most?

In the absence of consequences, motivation dies! That’s why so many of us struggle to stay motivated towards our goals. We know we want to achieve them but we’re uncertain if there are any consequences if we quit.

However, when you’re clear on the consequences of quitting on your vision, your vision literally pulls you towards it almost on a daily basis. Even if you don’t feel like doing what it takes to move towards your vision, you still will because you’re clear on the consequences if you don’t!

In Summary...

So there you have it, the 3 steps to Having Motivation that Lasts.

I know I gave you a lot, but my aim is to overdeliver and show you that if you follow what I show you in this report, you can have motivation that lasts without hype or willpower!

Let's go through the 3 steps again:

1. Be clear on your end outcome
2. Be clear on why you want it
3. Reverse engineer your outcome into smaller milestones that feel more achievable for you

I really hope this report has been valuable and if so, please share this information with at least 3 friends.

Here's why...

Firstly, you can help 3 of your friends but more importantly, by teaching others you get to learn this information at a deeper level.

And finally, keep this report as a handy resource. Whenever you feel your motivation slipping, come back to this quick guide and go through the information again. You'll find the reason for your motivation slipping... and you can quickly get yourself back on track to achieving your biggest goals!

I wish you the achievement of everything you want from life

Your fan,

Niro