

need motivation?

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I do. I need it all the time. If you are like me, you've got too much to do! An overflowing TO DO list itemizing what you *have* to do and a head full of all the things you *want* to do compete for your time and energy. We're all suffering from mild "ADD" these days! To survive we must master the art of focusing and self-motivation. I've had to do more than my fair share of self-motivation in my life. For whatever reason, I've only had a select few who "motivated" me to produce. Most of that came in the form of yelling, complaining, and aggravation. None were very effective.

Having someone else poke, prod, cajole, and criticize me surely did nothing to tap my best effort. Interestingly, the converse, incentive motivation was also ineffective! Certain ones worked initially, or short-term, but as the motivation gurus, Maslow and Herzberg theorized, that formula also fails to release our full human potential effectively.

What type of motivation works best? You already know whether you are consciously aware of it or not. Attitude motivation, following our own dreams/desires and working toward our own pre-determined goals works best.

Each of us has the responsibility to motivate ourselves to accomplish our dreams, desires, and goals. No one else can do that for us. We are here on this planet, this Earth School, to fulfill our individual Mission and Purpose. We may attract a few helping hands, receive gentle (and not-so-gentle) cosmic reminders, and garner cheers on our way to accomplishing important goals in our life. Essentially, we are alone in our endeavors. We each have a unique, special purpose for being here. That does not mean that everything we create and achieve is always done alone. Often it takes many people to participate to achieve an important goal. But, our personal desires

and goals are just that, personal. We are solely responsible to put the energy and attention toward those most meaningful to us. When others chip in, that is icing on the cake. Can others do much of the work? Yes. If you are a leader, then other people will actually do more of the work than you will, but their reasons to work toward your goal are not *exactly* your reasons! They do it for their own benefit to achieve their own goals. They reap different rewards by helping you. It is one way we are inter-connected. A segment of their goal coincides with our goal so we join forces to our mutual benefit.

The reality is that we cannot “motivate” someone else. Yes, we can push, pull, bribe, threaten etc. others to do what we want them to do. We can try to scare someone into submitting. We may try to “control” them with enticements or punishments. Stop fooling yourself into thinking you are motivating them! You most certainly are not. They are motivating themselves by choosing to take action and win the seductive reward you offer or avoid your coercive punishments. Where does that leave you? First and always, you have to motivate yourself. No one else can do that for us without our permission. I concede that a high percentage of people too readily relinquish their personal responsibility to motivate themselves to others. That is another essay, however!

Motivation simply defined is “a reason to act.” The trick is that this reason must be YOUR reason. When you take action for your own reasons you are able to tap the deepest reservoir of energy tank. You act in alignment with yourself and your own desires while diminishing annoying distractions. Fewer distractions drain less of your precious life energy while freeing more of your positive energy needed for you to complete your goal. It is simple yet not as easy as it sounds. Again, I ask. . .

Need motivation? I cannot motivate you! Only you can motivate yourself. What I *can* do is share what I’ve learned from my own personal life and professional consulting life. With nearly

30 years of working with a multitude of successful professionals and business leaders, I've accumulated a ton of knowledge and experience to share with you. When I was much younger devouring all the knowledge I could, I realized I could not learn it all! Duh! It was a disheartening observation as a devoted student. As I contemplated my dilemma, I turned to all the Eastern philosophers I had studied and discovered the value of their teachings on wisdom! I decided then and there to stop trying to learn so much by myself. I began to learn more from others. I mean everyone, not just the published authors or the rich and famous (Oy vey! Another topic to write about. . .), but also the clerk at the drug store, the young, the old, a widely-diverse group. As I learned from them, I integrated my own knowledge and experience to begin developing my wisdom. I believe we need to honor the development of wisdom in our society today. I may be in the minority. Well, that's a familiar place for me! I didn't want to wait until I was "old" to be wise. I most certainly did not want to repeat mistakes my predecessors made! How can we progress as a society if we do not learn from the past? Evolution, personal evolution, requires it.

Weaving the sum total of knowledge and experience I have been a part of or witness to, I dedicate this website to providing you with tools, techniques, and motivational products to support yourself along your goal accomplishment path. In the end, you will choose whether or not to use these tools to energize you, stabilize you, correct your course, or cross the finish line. The question is "how badly do you want your dream?" If your desire is strong enough, you'll do whatever it takes to achieve it (honorably, legally, safely). We are here to support you as you transform your *Dreams into Reality*. Go on now, "**Finish What You Start. Celebrate What You Finish!**"