

7 SECRETS TO MAINTAINING YOUR MOTIVATION

**SPECIAL
EDITION**

HOT TO EASILY IDENTIFY
AND ELIMINATE THE
7 MOTIVATIONAL
PITFALLS THAT KEEP YOU
FROM ACHIEVING YOUR
GOALS.

SPECIAL BONUS

“Personal Motivation Test”
How motivated are you?

BY

**DONNA
KRECH**

MASTER OF LIFE SUCCESS



Never Ending Motivation Special Report Reveals...
The 7 Secrets to Maintaining Your Motivation

IN THIS SPECIAL "INSIDERS" REPORT

FEATURED ARTICLE

7 SECRETS TO MAINTAINING YOUR
MOTIVATION

PERSONAL MOTIVATION TEST

HOW MOTIVATED ARE YOU?

THE MOST COMMON ENERGY DRAINERS

WHAT'S ZAPPING YOUR ENERGY?

Dear Friend,

Millions of us set goals each year, only to find that our original excitement and motivation fail just days after starting. Sound familiar?

Several weeks ago, I launched a brand new e-book series called The Secret to Never Ending Motivation. (www.neverendingmotivation.com) The Never Ending Motivation program was designed to teach YOU how to identify and eliminate the most common obstacles that prevent you from achieving your goals, and a simple, easy, proven system for developing and maintaining motivation in YOUR life.

To help illustrate the many different ways Never Ending Motivation can help you, I'm going to reveal the 7 secrets to maintaining your motivation for any goal. We call these 7 reasons the *Motivation Assassins* and that's right, there are only 7 of them.

What we're going to do now, is take a look at each of the Motivation Assassins, and why

they're keeping you from reaching your goals and discovering your true potential.

Regardless of your present situation or circumstances, the information contained in this program can help you. This report will identify each of these common obstacles, and teach you what to watch out for.

Let's take a look at those 7 obstacles now. Then we'll do a check up on some of our current readers and see how well they're doing with the program.

Motivation Assassinator #1 - Focus

Focus. How do you know if your situation is a lack of **FOCUS**? If you find yourself distracted, disoriented, without a plan, or scattered, that might mean focus is what you're missing, and that's what's stealing your motivation. If you forget about the goal easily, lack of focus is the culprit.

This one is so amazing. It's so powerful. If we change our focus or become really, truly focused on the goal so we're not distracted, all the rest of the Motivation Assassins are powerless. They're absolutely powerless if we can choose to maintain focus, and the Never Ending Motivation program gives you some tools to do just that.

Motivation Assassinator #2 - Belief

Belief. In some cases it's our negative belief that keeps us from getting to our goals. You want to help BYOB, or Build Your Own Belief by bombarding your brain with positive information. If you don't build your own belief, somebody else is going to do it for you, and too often it's a negative belief others build for us.

I know you've all heard that your belief determines everything, that what you believe comes true. But the neat thing is that what you focus on can change what

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you believe. If you've got those negative beliefs going on, if you think or say, "I can't do this, it's never going to work, it's too hard, this isn't the way it works for me, it's not going to happen for me," you can truly retrain your brain to believe differently.

We CAN change the way we believe. This is amazing; this is a miracle. The negative belief is the biggest liar of them all, and you can turn it positive so you truly believe you were intended for all the things you want.

Motivation Assassinator #3 - Habits

Habits. Habit is the dirty dog that shows up too often, and it's the sneakiest Motivation Assassinator. We don't even see it coming. We think things are natural. We think they're just happening by default, when actually they are habits. We don't realize that we've made choices unless we pay attention to, identify, and work to change our negative habits.

We have great intentions set in our minds that something's going to happen. We may join a weight-loss facility or a fitness club. Many of us attend success seminars. We set our goals, we make our plans and we leave fired up and completely convinced that, without a shadow of any doubt, this time we're going to achieve the goal, this time we're going to plug in this great stuff we just learned.

A few days pass, three, seven, ten, whatever the case might be, and all of a sudden something happens and we go, "Wait a minute, I'm not doing what I said I was going to do." That's where the Motivation Assassinators jumped on me, and I didn't even see them coming.

Two of the Motivation Assassinators that directly relate to habits are focus and belief. Focus can be maintained when you lay out a very specific goal plan and you have a very powerful "why".

Motivation Assassinator #4 – Emotional Reactions

Emotional reactions. Maybe you always react to a certain situation with stress, depression, or boredom. Unfortunately this one's common because we react out of stress, we react out of depression, or we react out of fear, rather than learning how to respond.

Many of us know that we hit stress mode, worry mode, depression mode, or anxiety of any kind, and any one of those emotional reactions can keep us from moving forward with our goals. We're going to learn specifics of how to identify those things, how to handle them, and how to deal with the energy drainers that are out there.

My number one hope for the emotional reaction/energy portion of the Never Ending Motivation program is that you'll **lift several energy builders and blend them into your life, so your energy won't be depleted, so you can feel well and do well.** Secondly, I hope you'll **identify which emotional reaction has gotten in the way of your motivation.** In the full program, Dr. Jeff is going to go over quite a few of the energy builders. Third on our action plan is to **develop your strategy for overcoming emotional reaction,** and we're going to give you a step-by-step plan on how to do that. Then you need to go through several scenarios in your mind, role-playing with yourself, so you're prepared the next time these Motivation Assassinators hit.

Motivation Assassinator #5 – Energy

Energy or lack of energy is a huge component of staying motivated. When we lack the energy to perform the tasks of every day life, we often find that additional challenges overwhelming.

Energy, according to Webster, is "vitality and expression". Another definition for energy is "the capacity for action or accomplishment". That's the one I gravitate towards. How well do we think or feel we can do? What do we have the energy to do?

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What are we physically capable of doing or mentally capable of doing? If our energy is drained - no matter how exciting the goal is - it's next to impossible to get moving toward that goal.

As I was discussing this with several people and doing research, one of the things reported to me most often was this: when your energy is zapped, it's as if you've lost your spirit, and you have no zest. The symptoms of energy depletion are similar to those of depression. You want to sit, you want to sleep, you certainly don't want to exercise, and you don't want to follow any type of a goal plan. You just don't have it in you. Your mind isn't working right. You're physically not feeling good.

Motivation Assassinator #6 - Surroundings

Surroundings and social influence. This one is neat because it affects the others the most easily. When we surround ourselves with positives, our world becomes more positive.

Motivation Assassinator #7 – Time Management

Time Management is the biggest culprit in the 21st century, and it simply means being too busy.

When you're talking about the myth of time management, you're really saying that the job is self-management, and the way we manage ourselves is by building our character, letting our character grow, being purposeful about it and mastering skills that allow us to be successful in whatever our personal endeavors are. That's the first thing; the myth of time management. If somebody's saying, "Hey, give me the magic bullet," there is no magic bullet to manage time. It comes down to hard work and discipline to manage ourselves, as time passes by.

Time is a resource just like money is a resource. Most of the people at one point or another have done some sort of financial analysis of their income.

One of the first things that a financial planner will have you do is sit down and find out where all your money goes. In today's world, people will find out, "Oh! I'm spending \$4 a day on Starbuck's lattes. If I do that five days a week, that's \$20, then you multiply that by 50 weeks. Holy cow, I'm spending \$1,000 a year on coffee!" All of a sudden you're going, "Wow, that's a thousand bucks, and I couldn't fund my IRA last year. If I just cut out my coffee, I could fund my IRA." You're looking at an inventory of where your money goes.

The same thing should be done with our time because it's also a resource. Where is our time going? A long time ago somebody encouraged me to do a time inventory and to track where I spent my time over the course of a week. I wrote down everything I did. If I spent 10 minutes on a phone call, I wrote it down. If I went to lunch for 30 minutes, I wrote it down. I wrote down whatever I did for one week, and I realized that I worked 111 hours in a week. A number of different things were interesting to me.

Number one, it made me realize that I worked way too much. Number two, it made me realize where all of my time went. I added it all up, X amount of time on the phone, X amount of time in commute, X amount of time in lunch, X amount of time in meetings, etc. The last thing it did was give me permission to readjust my time schedule, because I had a firm grasp on where my time was being spent. I realized, "Whoa, I'm not lazy after all. I actually am working pretty hard," and it gave me permission to cut back.

When we take a time inventory, it's really just sitting down, going, "Where am I spending my time?" I would encourage people to do it for at least a week, and if they can do it for two weeks, that would be great. Write down everything you do, and then at the end of the week or the end of two weeks, go back and add it up. You're going to be amazed at what you find.

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You're going to find a lot of time on the telephone, a lot of time answering emails, a lot of time in meetings. You'll probably be amazed at how much time you're spending in the car.

Once you get all that, you're going to be able to do a couple of things. You're going to be able to shrink some of those times, find yourself some extra time. But then you're also going to be able to reutilize some of that time. For example, driving around. You might go, "I spend eight hours a week in the car," and then you think, "Maybe I should start doing what Zig Ziglar says, and that is go to Automobile University, so I can spend four hours a week listening to some audio programs and improving my life."

A time inventory is the very first thing we need to do. It gives us a 30,000-foot-view of where we're at currently. The only way to start going in a different

direction is to know exactly where you are headed now. If you're going to Boston, you need to know whether you're starting in Seattle or Dallas, and the same is true if you want to go to a particular place in your life. You need to know where your time is currently being spent so you can make the appropriate adjustments. It's a very simple thing, time inventory. Just find out where in the world it's going.

Which motivation assassinator is coming against you the most? Identification is only the first step to overcoming them. You've got to know how to overcome that assassinator when it attacks your motivation.

Personal Motivation Test

Now we've gone over F.B.H.E.E.S.T. and you might be thinking, "Okay, I've got a specific goal, but I don't know if it relates to any of these. I'm not sure any of this makes sense to me." Let's go through this piece-by-piece. I'm going to ask you some questions and I want you to take your pen and make fence posts on your paper if any of this applies to you to help identify which of the Motivation Assassimators are coming against you the most.

1. **Do you ever find yourself wanting to achieve a goal but you too easily become distracted by other things?** If that's you, make a line on your paper.
2. **Do you become disoriented, or don't know which things to do first because there's so much to do, or there's a lack of organization?** Make another fence post if this applies to you
3. **Do you lack a plan, and therefore have no focus?** Unfortunately, most times it's easier to see the things we're doing incorrectly and stop there. But we need to tie them back to the Motivation Assassimators, and build a plan for defeating what repeatedly comes against us. Make a fence post if you lack a plan.
4. **Do you have great intentions but you just don't follow through?** Make a fence post.
5. **Are you distracted, disoriented, or lack planning in your life?** Make another mark on your paper if this applies to you.
6. **Do you find yourself saying, "I can't do this? I'm never going to be able to do this."?** If that's you, make a fence post. That's a **negative belief system and that usually comes from past experiences.**

*It's not true! **Negative Belief is the biggest liar of all the Motivation Assassimators.** If that's the one that comes against you, do you believe the lie? Maybe you are doubtful or have a negative attitude or just don't believe t can be done.*

7. **Do you say "I should" or "I want"?** There's a difference between saying *I should* do something versus *I want* to do something. If we say, "I should lose this weight, I should be saving more money," it's different than, "I want to be healthy," or, "I want to have a financially secure future." *I should* be doing it sounds like, "Well, there I go being a loser again. I'm just a lousy person. I should be doing this, but I'm not." *Should* is reinforcing a negative where *want* is reinforcing a positive. This may be part of what is coming against you.

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8. **Do you set goals but don't hit them?** H stands for habits. Let's talk about some of the things that might be easy to recognize. If you find yourself repeating the pattern of an unaccomplished goal, setting goals but you don't hit them, give yourself a fence post for that one, because that might mean the pattern, the routine, and habits are your Motivation Assassins.

It could just be that you don't realize you're making choices. Here's an example. A woman decides she really wants to master the piano, so she says she'll be committed to practicing the piano each night. She gets home, gets busy, cooks dinner, changes her clothes, and she walks past the piano 16 times without sitting down to practice the piano. It gets to the end of the night and she thinks, "Gosh, there goes another day I didn't practice the piano." What she may not realize is she made a choice not to practice.

More specifics will follow on how you can really identify if this is what's coming against you or not. Sometimes we just think we're in default mode. We think it's natural that we're not doing what we need to be doing. We think it's natural and unavoidable that we're not practicing the piano, when in reality we've made a choice not to practice the piano.

9. **Do you focus on what is missing or what is going wrong?** That is emotional reaction or energy. Negative stress is bad for you; positive stress is good for you. Negative stress is when we focus on what is missing, or when we focus on what's going wrong. "I can't get it right, and I'm working so hard," or "We've got to dig out." That's negative stress. Positive stress is, "We're going in the right direction, we've got a plan, and things are looking good." That's good-for-you stress.
10. **Are you depressed, scared and/or angry?** If you find yourself depressed, scared, angry, give yourself more fence posts. That means you're probably eating out of emotion or "vegging" on the couch because of those stressors.
11. **Do you find yourself zapped or exhausted?** Negative stress will not only cause an emotional reaction, but it will drain your energy. Low energy may be your Motivation Assassin and will prevent you from doing what you need to do in order to achieve your goal.
12. **Do you have people in your life telling you something can't be done?** S stands for surroundings and social influence. There are energy drainers out there telling you can't do something. If you have those people in your life, it could be your surroundings that are causing you not to achieve your goals. There are other people that say, "We don't do that. We don't care about making money. We don't believe success in business is important. We've accepted that we're just unhealthy people. That's not who we are." You'll keep missing opportunities to achieve your goals if you're hanging around people who don't want to or don't believe they can achieve their goals.
13. **Are you lonely?** Do you have a lack of input from others? When there isn't anybody saying anything, loneliness is a result. Sometimes we eat out of loneliness, or we don't move our bodies out of loneliness, or we go shopping out of loneliness. Loneliness is a lack of social influence, and that might be your Motivation Assassin.

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14. **Are you just too busy?** Maybe you've promised six hours worth of work and tried to finish it all in 1½ hours. That means time management is your Motivation Assassinator, and you've probably been giving yourself fence post after fence post after fence post.

15. **Do you put things off?** That's procrastination, and that's time management.

Now, we've gone through all these and not once mentioned food, if we're talking about losing weight or getting in shape. We've not once mentioned sales, if we're talking about building a business. We've not once mentioned income, if we're talking about having financial security. These Motivation Assassinators are what goal achievement comes down to. This is what it's all about.

Which Energy Drainers Are Most Common for You?

Which cures fit best into your life?

The number one culprit, if you're feeling zapped of energy, is most likely **stress**. My husband, before surviving four cancers, had a dread fear of needles. He worked in a company where he had to have a blood test in order to get the next level of insurance, so the company would send someone to the office to do the blood test. He knew the guy was coming, and for two days he had a sense of complete dread; he had himself totally worked up. He just hated getting blood tests and was beside himself.



Stress...#1 Energy Drainer

When the day came and the guy walked into his office, the way John describes the guy is, "Picture Dracula." The guy's skin was completely white and he had coal black hair that came to a widow's peak. He had long canine teeth and fingernails, he was wearing all black clothes, and my husband's emotions and stress level just went into overdrive.

The guy talked to him and he started feeling a little more comfortable by the end of the blood test. As it was being drawn into the vial, John noticed his blood wasn't red, but black. He asked the guy, "What's the deal with my blood? It looks black," and the guy explained to him, "You're in fight or flight mode right now. There's so much adrenaline pumping, it wreaks havoc on your organs and makes your blood look black."

The body is on high alert when we're under stress, which causes the adrenals to over-produce. When the adrenals over-produce for too long, they become exhausted, which drains all energy. If you're dealing with excess stress, you need to get some stress management and get your stress under control, because that may be what's zapping your energy.



Excess weight is the next one. It can be a common energy drainer. The average person has 60,000 miles of blood vessels in their body. If you're only 25 pounds overweight, there's an extra 15,000 miles of vessels the body has to nourish. Everything in your body has to work harder because of the extra weight and that's an energy drain.

The next energy drainer is **indecision**, which could be worry or anxiety, or just indecisiveness about something. It takes extra energy to think constantly about an unresolved issue. Think about when you're in state of indecision; it's like the two hemispheres of your brain are at war with each other. It's not so much the logical and the emotional, but the brain is just at war; back and forth, back and forth, back and forth.



Then you finally make the decision. That feeling of peace comes over you and all of a sudden, you feel energized. That's because indecisiveness can be a total zap on your energy, and when you make a decision, whether it's right or wrong, your energy is returned. Practicing some decision-making skills is going to return your energy.

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The next one on our list of common energy drainers is **lack of sleep**. You have an internal battery that can only be recharged with adequate amounts of sleep. If you don't sleep, you're never fully recharged. It's like your cell phone. Pretend your cell phone goes dead so you plug it in to recharge. Then realize you have to leave, so you unplug it and get in your car to leave. If you talk on it more than ten minutes, it dies. You're thinking, "What happened? I recharged." Yes, but you didn't fully recharge it. You just recharged it for a little bit and you didn't get the full charge. That's exactly what happens with lack of sleep. When you do that ongoing, your energy is really going to be attacked.



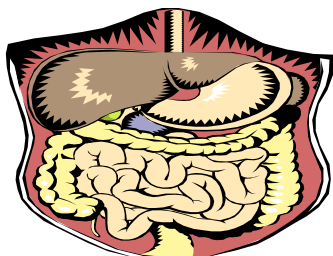
The next one is **excessive sugar** or high-sugar carbohydrates in your diet. There's a lot of information out about this right now. The high-glycemic carbohydrate raises your glucose level. When the glucose level spikes high, it's going to eventually drop low, which produces a jagged line. When the glucose levels are going up and down all the time, it's an energy drain, because your body has to work to build that energy back up again. Unfortunately, we sugar addicts usually just put more sugar in there, which perpetuates the process. On the other hand, complex carbs, or good carbs, produce more of a curvy, steady line, which means your energy is steadier with complex carbs.



Extensive caffeine can be another one that drains our energy. People sometimes say to me, "Wait a minute, that's supposed to give you energy." It's a false sense of energy. The caffeine goes in, over-stimulates the adrenal gland, and when the caffeine leaves the body, the adrenals calm down again. But they were over-stimulated so quickly, that's not a good form of energy.



Low protein in your diet can be another one. Your body can only rebuild with protein. Protein repairs. It's a slow-release fuel. Your body will produce more energy with protein than with any other type of food.



Another energy drainer could be that **your organs aren't functioning properly**. For example, if your liver isn't functioning properly, toxins aren't being thrown off. You won't feel good; you'll feel an energy drain. The bad news is that if your liver stops throwing off toxins completely, it's like falling off a cliff; your body just stops working.

The last one I have on my list is **intestinal problems**. Now, this is multifaceted, but the bottom line is this: if your intestines are not absorbing nutrients well, the body's not going to be getting rid of the toxins. We have seven to 14 pounds of blood lying in our large intestines right now. If the toxins can't leave the body, you obviously have an energy drain problem.

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Let's quickly talk about some of the **solutions**. The question you can ask yourself is, "**Am I eating a balanced diet three times a day, so my blood sugar stays steady, so I've got a good nutritional source for my energy level?**"

Next, you want to ask yourself **how much exercise are you getting**, because we all know that exercise produces endorphin, the body's natural stress manager. **If your diet is good and you're getting exercise, you may need to get some B-Complex into your system.** If all those things are going well, you could consider a 360 cleanse, a liver cleanse, or a colon cleanse, depending upon which one of the energy drainers you feel applies to you.

Here's a neat one that not a lot of people know about. It has nothing to do with diet or exercise. **Setting specific goals, making plans to achieve those goals, and then achieving the goals, no matter how small or how large, will build your confidence and give you energy.**

Pay attention to the energy drainers. Do not discredit them and don't think they're less powerful than they are, because when you don't feel well, you can't do well. No matter what the goal, you can't stay focused if you have no energy.

Now before we go any further, I want to remind you that Never Ending Motivation is a full program. If you are really serious about achieving your goals, our complete program will teach you how to be happier, make more money, have better relationships, leave a legacy and yes, lose your weight and keep it off!

Let's check in on the progress being made by one of our current readers...

"After being on the Online Total Solution Program with Never Ending Motivation, Life Success and Coaching for 3 months, I want to take the time to thank you for making a huge difference in my life. Prior to starting the Never Ending Motivation program my lack of goals and focus had lead to bad habits and procrastination and a lifestyle of regret.

I had arrived at a place that I was tired of being tired, so I started looking for a solution to become healthy and fit in every area of my life once and for all! I love the saying - when the student is ready the teacher will arrive – and that is what happened.

Within a matter of days I was listening to Donna Krech's program Victory Principals on [TSTN](http://www.thinandhealthy.com) and I became intrigued. For the first time I heard the Funnel for Success explained. (Only 15% has to do with what you eat, 30% has to do with how much you move and 55% is all about what you think and your motivation.) As I listened to Donna share her life, what she had overcome and what she had achieved, I was so inspired that I immediately went to <http://www.thinandhealthy.com>. My questions and concerns were taken care of allowing me to be confident and excited, enrolling in the "Online Total Solution Program with Life Success, Never Ending Motivation and Coaching". What I have found is that each portion of the program is extremely beneficial and when used together they become one incredible program, impacting my entire life.

I now weigh 25 lbs less, my waist is 6" smaller and my clothes are 2 sizes smaller (just in 3 months!). I have been free of back and joint pain for 2 months. My husband comments on my increased confidence and encouragement to him as he too becomes healthy and fit. I am transforming into a positive health and fitness role model for my sons. And as a business owner I have reduced my stress become mentally sharp, focused and achieving my goals.

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As I look forward in my journey, I am grateful for the Never Ending Motivation Program, the Life Success Program and Thin&Healthy's Total Solution. I have started to alter my habits/disciplines and can see that with time they will become a part of me. "

Gratefully,

*Kelly Swaggerty
President
Joshua & Company*

As a special offer to our readers, we're going to give an even bigger reason to order the complete Never Ending Motivation Program. Right now, you can order the complete life success program for **just \$67**. That includes all 5 of the e-books, bonus audio, AND all of the bonus content. We are absolutely certain that this program can help you achieve your goals and start succeeding in life.

To take advantage of this very special, limited time offer, visit our special web page where you can learn even more about the Never Ending Motivation Program, and get access to our special offer.

Here's the link:

Go to www.neverendingmotivation.com/hiddenspecialoffer.html to gain access.

Remember, it's about the motivation. Whatever "it" may be.

Best Wishes on a Happy, Healthy, and Hope Filled Life,



Donna Krech