

GET YOUR  
MOJO  
FLOWING



AWAKENING  
THE LIMITLESS DRIVE WITHIN

# Get Your Mojo Flowing Checklist

Motivation is something everyone has inside of them. When we wish to do something, it's because we're motivated to do so. People invent, discover, adventure, and interact all due to the motivation inside of them. There are many different things that can motivate you to do something, and even to *not do* something, in your life. This checklist will run you through the simple tips and techniques to make the best of your motivation.

## Chapter 1: What is Motivation?

Going by the dictionary definition, Motivation is defined as so; 'a reason or set of reasons to accomplish something or behave in a particular manner.' It's like this driving force we all have, which pushes its own pedal when it sees opportunity.

### Why you need motivation

Everyone must develop their own passions in order to evolve in life. When you want to grow or improve yourself, you have to try new things. There are many situations in which motivation can

affect your decisions, but they don't all come from the same motivator. Some things require a big step to take action, while others like the above mentioned just need a little shove to get you going. That is the magic of motivation.

## **Types of motivation in your life**

There are different motivators that occur in your life to help you get going. Some motivators are big, like quitting a job or moving from one city to another. A smaller motivator could be getting a limited-time, two-for-one deal at the mall. Other than big and small motivators there are positive and negative motivators.

Positive motivators are those that inspire you to do something because you know the end result is good. Negative motivators are those things in life that encourage you to do something, because you know if you don't do them, you'll end up with a bad aftertaste.

## Motivation and De-Motivation

Motivation helps you turn an idea into an action and is typically a positive feeling; the feeling of accomplishment and commitment. De-motivation is the opposite of this.

It's the perception that you can't accomplish anything, are unable or unfit to, and is a gloomy feeling to carry around. Like a brick pulling down your stomach, it makes you feel bad and in common cases, lethargic.

## **Chapter 2: The Mind Game of Motivation**

The concept of motivation isn't a physical one. You can't touch motivation as if it were an object to attain. Motivation resembles an emotion, or a collection of them that stimulate you to perform an action.

### **Where Does Motivation Come From**

Motivation comes from the mind. This is one of the main reasons you can either find it really easy or really hard to motivate yourself. But for most, motivation doesn't come easy, it's like a habit and habits are hard to shake off.

### **Respective View on Life**

Motivation depends on you, an idea now well established. So what is it about yourself that motivates you? You may not know



it, but your whole life up to this moment is built on your motivation.

Are you someone who does something because you find it personally rewarding? Or is it because you wish to earn the praise of others?

## **Your Greatest Enemy**

If you answer these questions, you'll come to realize the only thing standing in your way, is yourself. Nobody can stop you entirely from being where you need to be or even want to be. The only person you have to conquer is yourself.

Whenever you feel as though you can't pull yourself to do something, no one else is stopping you, only yourself. Trying new ideas and experiencing unusual things is all progress in self-development and can only reap fruitful benefits. That's why, when considering something new, it's always good to look at the positive side with an open mind.

If you can conquer your own emotions, then there's nothing standing in your way.

## **Chapter 3: What is De-Motivation?**

De-motivation is the key to being lethargic and unenthusiastic. If you're acquainted with these words, you know they don't describe anything near nice. Motivation acts like a pick-me-up for most people. De-motivation is the counter effect to this.

### **Downfalls of Remaining De-Motivated**

De-motivation prevents you from trying out new things. When you're de-motivated, everything seems bigger than you, making you feel small and insignificant. It's surely not a good feeling and the longer it sticks around, the more embedded it becomes.

De-motivation makes you accept that unworthy persona you perceive. Motivation can help you accept the greater you and your possibilities and aspirations. De-motivation diminishes the light in your character and personality, creating a darker and endless cycle of a self-indulgent boring life.

That's why motivation is so important in your life. Getting over de-motivation, writers or artist block; brain farts; mind stump; whatever you want to call it is hard, but not impossible.

## **How to conquer De-Motivation**

Realizing what's de-motivating you is the first step. It may be complicated at first, deciphering your own actions to realize what's causing them.

## **Why you let Yourself Remain De-Motivated**

The biggest reason is simply because it's the easier way out. Even though you know that staying de-motivated is never going to get things done, some people actually want this to be the case.



## **Chapter 4: Motivation in your Personal Life**

Everyone has their own life happening amongst others. The easiest thing that you can do is focus on yourself and sometimes, that's fine. The more you learn about yourself, the easier it'll become to allow others into your life.

One way to truly understand who you are is by recollecting every emotion you feel, and what it sparks in your actions. What is your motive every day?

### **Everyday tasks**

We're motivated everyday by something. In the morning you get up, shower, eat, change and go for work. You may say it's routine but the question is, what's compelling you to do all of this? The answer is simple and clear. Motivation.

## **Personal Development**

When you motivate yourself, you move forward. There's no going back once you've made a choice and motivation tries to make sure the step you took was the largest step you could take.

With your own individual personalities, you want to move to a final destination and then possibly further. As you make steps, you as a person develops further into a persona.

## **Why You Strive For More**

There's no exact reason for why one person wants to endure the hardships of moving forward. Everyone will work differently from another person, tactics to the top won't be the same for others. Trickery and lies can get one person to achieving where they want to be. Being the kind, helping hand and supportive friend will earn another person a gravitated name.

## **Chapter 5: Mastering your Mistakes**

Everyone fears mistakes and the main reason is judgement. Everyone fears being judged by those superior to them and near them. The truth is, it's okay to be judged on the one condition that you believe in yourself. You made a mistake and you can attain for it, accept it and admit to it. Your decisions are yours to make and make you who you are.

### **Change in Every Step**

With every choice you make, there's going to be change and change can bring along mistakes. Just as well, mistakes can bring along change. To clear it up, a great example would be walking down a new path. Rather than going down the same one you do every day, you take a new one.

## **How Mistakes can Help You**

Mistakes can bring along change just like change does mistakes. They are a continuous cycle that helps you make progress to improving yourself. Learning from the mistake so that you won't do it again brought change. This change is going to help you in not making the same mistake so you can keep going down that road. You may even start paying more attention to the road from this time forward, which is another change brought forth by the mistake you made.

## **No Pain No Gain**

Mistakes mean you take the fall. If you do something wrong, accidentally or on purpose for the sake of curiosity, you've made a mistake. Now it's up to you to learn from it or avoid it. A mistake must be admitted before you can ever learn something from it.

Welling up around the mistake and letting it taunt you isn't a profitable way to take things. Admitting, accepting and learning from it are the real actions you'll benefit from. Once you let in the mistake, you can gain from it. What did you learn and how can

you overcome making that mistake again? The saying is true, without any pain there will never be anything to gain.

# Chapter 6: Misconceptions about Motivation

Believe it or not, there are wrong ways to approach motivation, but once again you can always learn from the mistakes you make. Since motivation comes from the mind, it is possible to overthink motivation. But motivation isn't something you have to conquer in order to achieve it.

You can always take a break from the motivation of doing something extravagant and submit to being tired. Taking a rest or break from pursuing something gives you time to prepare for the next wave of motivation you may have. But people tend to read motivation wrong. Here are some common misconceptions surrounding motivation.

You Are Alone

You Need Push To Shove

You Need Motivation for Big Steps



## **Chapter 7: How Can You Keep Yourself Motivated?**

Being a motivated person is one step everyone crosses or still needs to. How to make sure you remain motivated in life though, is an entirely different situation.

There are many ways people try to keep themselves motivated and reminded of the task to accomplish. A personal favorite would be the rubber band around the arm. Unfortunately, you can only snap at yourself so many times before it starts hurting or you forget that the band is even there.

When you try to stay motivated, you have to think of the long term plan. There's a lot to face in life, and new things will always splash over your plate. To keep motivated, you have to be able to wash your plate off in order to serve what you want to.

Prioritize

Planning your Steps

Keep on Track

Rewarding Yourself

## **Chapter 8: Motivation; The Hero and The Villain**

The final prospect to understand about motivation is that it doesn't only encourage you to do something, but may encourage to not do something as well. It can help you overcome fears and blocks, while also being the foundation to some other ones.

Motivation helps you thrive off of the kick it has to offer, but sometimes that kick isn't forward; it's backward. It isn't always a bad thing to take a step back. Sometimes, your motivation ensures you're firm on staying away from dangerous and harmful things.

### **Motivating yourself to do something**

When you motivate yourself to do something, it's something you yearn for. You're willing to try and accomplish what you thrive for. Motivation pushes you towards what you want to do.

Motivating yourself to do something means that you run towards a goal and your motivation push you in order to get there. What you want is good for you, and you get it for your own benefit.

## **Motivating yourself to *not* do something**

De-motivating yourself towards something means that there's no willingness towards performing that specific or even any act at all. When you're de-motivated, you wish to do something but your emotions and thoughts convince you that you can't do it, no matter how much you hunger for it.

## **The Importance of Pros and Cons**

When making any decision, it's always in better nature that you consider all of the pros and cons that may follow any action. There's always another side to the story and to make sure no one gets hurt from your choice, considering the bigger picture is key to making wiser choices.

There are pros and cons in all of our choices. Most of the time we're not in control of how someone else is going to see these

choices. They might think of it as a bad idea while you don't. We have to make do with the best we can do, making sure that as many choices we have control over have pros outnumbering the cons.