

How To Automatically Motivate Yourself!

In the Ultimate Success Formula, we say that once you get clear on what you want, you have to develop a strategy and start taking action, consistent action every single day. When you take action, what happens? Well, you will either achieve your goals, move towards your goals, or you get feedback, of which you will then use to change your strategy taking action again and again until you get what you want. So, the key to getting results is really in taking action. But even though we are aware that taking action is essential in the Ultimate Success Formula, why do most people still not take action? What really drives us causing us to take action? What makes us behave the way we behave? Why are there some people in life who are consistently motivated to get up at six a.m., go for a jog, come back, plan their time, make good decisions and produce outstanding results? But, why do most people, on the other hand, hardly get anything done? They talk a lot, they talk about dreams, but they find it very hard to drag themselves back home at the end of the day, much less plan for the next few days ahead. Do you think that our behaviors are driven more by logic or by emotions? Is it based on what we think we should do or what we really feel like doing inside? Think of all the times you knew that you should have started on the project but kept putting it off again and again because you did not feel like doing it. Think of all the times you knew you should have made all those appointments or make that presentation. But, you never did because you felt this feeling of procrastination, lack of confidence, or even fear. Now, think of all the times when you knew that logically you should not have taken that extra piece of cake, but you did because you felt too compulsion. Or even think of the time you knew you should have said the important point at the presentation but you did not because you just felt too distraction or just too nervous. Indeed, you can see that the way we act and behave is driven mainly by how we feel emotionally. That is why you can logically want to change and take action. But, you never will take action if your emotion does not support it. Emotions that you feel at any given time are called your states and it is our states that drive our actions and hence producing results. The results you are experiencing in your life right now are truly determined by the past actions you have taken. If you are experiencing great results right now, it is because in the past you have taken the actions. You took the action on making the calls, managing your time, following through and learning from your mistakes. At the same time, if right now you are experiencing average results, or below average results, it is because you have either not taken the necessary action or did so, but soon gave up. You did not make those calls consistently. You never followed through. You said you would do it, but you do not do it. You did not consistently execute your plans. Or worse still, you did not even plan at all. You can set all your goals, you can come out with all your great plans, but if you do not act on those plans consistently, nothing ever happens. Whereas if you take action, even if you use the wrong strategy, pretty soon, by taking enough action, you will find a way on how to get it done. And, so we say, emotions that drive your actions produce results.

About the Author

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