

Maintaining Motivation

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The episode is awesomely hilarious AND there were some fantastic tips found inside! Here's how to keep it simple and make it effective.

Define YOUR goal! Both short term and long-term definitions are so important.

Who do you look up to as far as goal achievement is concerned? This can add a LOT to your direction and motivation.

Being consistent and learning to LOVE it! Love isn't always easy, there are ups and downs and loving them is a key to becoming a success.

Bad decisions can HAUNT you! Its critical to learn effective means of avoiding those choices that aren't great for your goals!

Positive versus negative reinforcement? Can BOTH be helpful for your advancement? Short answer is no matter WHAT life presents you, UTILIZE it!

Making things WORK for you and your goals is critical. Never know what life will present but it can become fuel for the dream!

Check out the [High Performance Planner](#) featured in the episode!