

100 WAYS TO STAY MOTIVATED



Purpose



Congratulations on your decision to get MOTIVATED!

The word “motivate” is an action verb that is defined as “providing incentive for action.” 100 Ways to Stay Motivated will assist you in developing your motivation and drive that will propel you toward achieving your purpose and mission in all areas of your life.

In order to receive the most from this course, you must remain committed and dedicated.

This check sheet lays out the exact steps you need to take in order to discover your inspiration.

This course is comprised of a series of videos, questions, and practical exercises, which will get you properly applying the concepts in each lesson. In order to yield the best results follow these three simple steps:

1. Set the time aside to learn consistently every day.
2. Commit to each exercise fully. Really do the drills.
3. Apply what you learn to your daily life, over and over until it's second nature.

As mentioned in Grant Cordone's book, *Sell or Be Sold*: “Only by application will you or anyone else become successful or great in any field.”

Success is your duty, obligation, and responsibility.

Grant has laid out this path for you to achieve your full potential.

Do your best, and forget the rest,

Melanie Fusilier



Course 6: Purpose

	Initials	Date
1. Watch "Approach Success as Your Duty"		
2. Pass the test at the end of the segment.		
3. PRACTICAL: Make a list of at least five things you have to be successful in. (Business, personal, etc.) Why is it not an option, but a duty you are successful in these areas?		
4. Watch "Approach Success as an Ethical Issue Not a Financial One"		
5. Pass the test at the end of the segment.		
6. PRACTICAL: Write a short essay on how being successful ties in with your personal moral code. After seeing how being successful ties in with your ethics, how do you feel about going after your target goals?		
7. Watch "Be the Most Ethical Person You Know"		
8. Pass the test at the end of the segment.		
9. PRACTICAL: List four ways, besides being honest, you can become the most ethical person you know. Write how you can implement this in your life.		
10. Watch "Have a Higher Purpose than Just Money"		
11. Pass the test at the end of the segment.		
12. PRACTICAL: Take a couple of minutes to reflect on what your purpose is. What do you want money for? Write down your answer.		
13. Watch "Never Settle for Good When You Can Be Great"		
14. Pass the test at the end of the segment.		
15. PRACTICAL: Write an example of something you strive to be great at. How did you do? Write down a time when you know you settled for less than your potential. What decisions have you made with regard to this?		
16. Watch "Get Great Partners"		
17. Pass the test at the end of the segment.		
18. PRACTICAL: Make a list of five qualities that would be necessary in great partners in any aspect of life.		



Course 6: Purpose

- 19. Watch "Be Deaf When Someone Says You Can't"
- 20. Pass the test at the end of the segment.
- 21. PRACTICAL: For one day, be deaf to all negativity around you. What happened? How did you feel? Grant states the great salespeople form what attribute to deal with the negativity?
- 22. Watch "Create Daily Rituals That Put You in Charge"
- 23. Pass the test at the end of the segment.
- 24. PRACTICAL: Create two daily rituals that put you in charge and implement them tomorrow. How did you do throughout the day?
- 25. Watch "Never, Never, Never Compare Yourself to Money"
- 26. Pass the test at the end of the segment.
- 27. PRACTICAL: Write down six ways in which you are more valuable than money.

Initials Date
