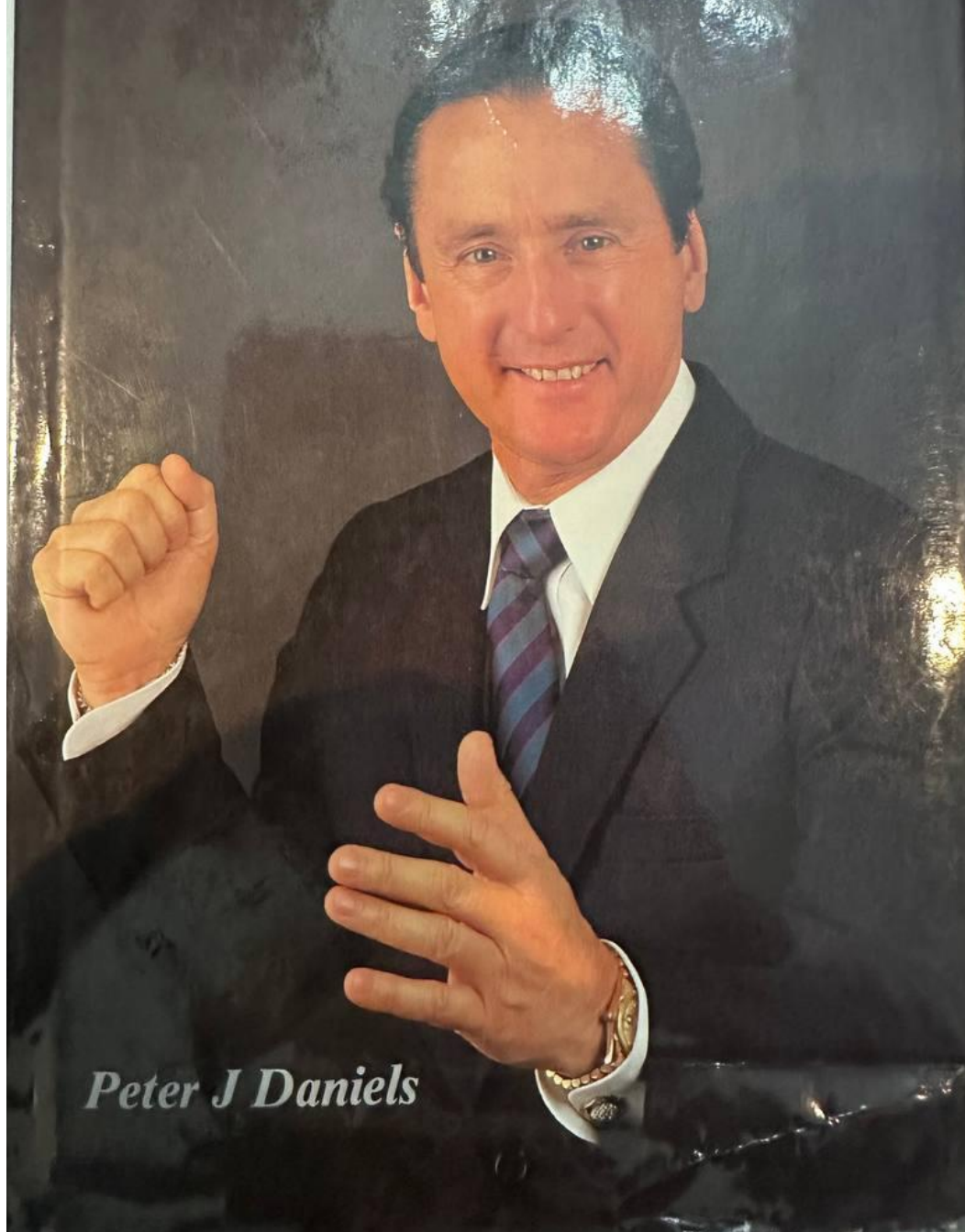


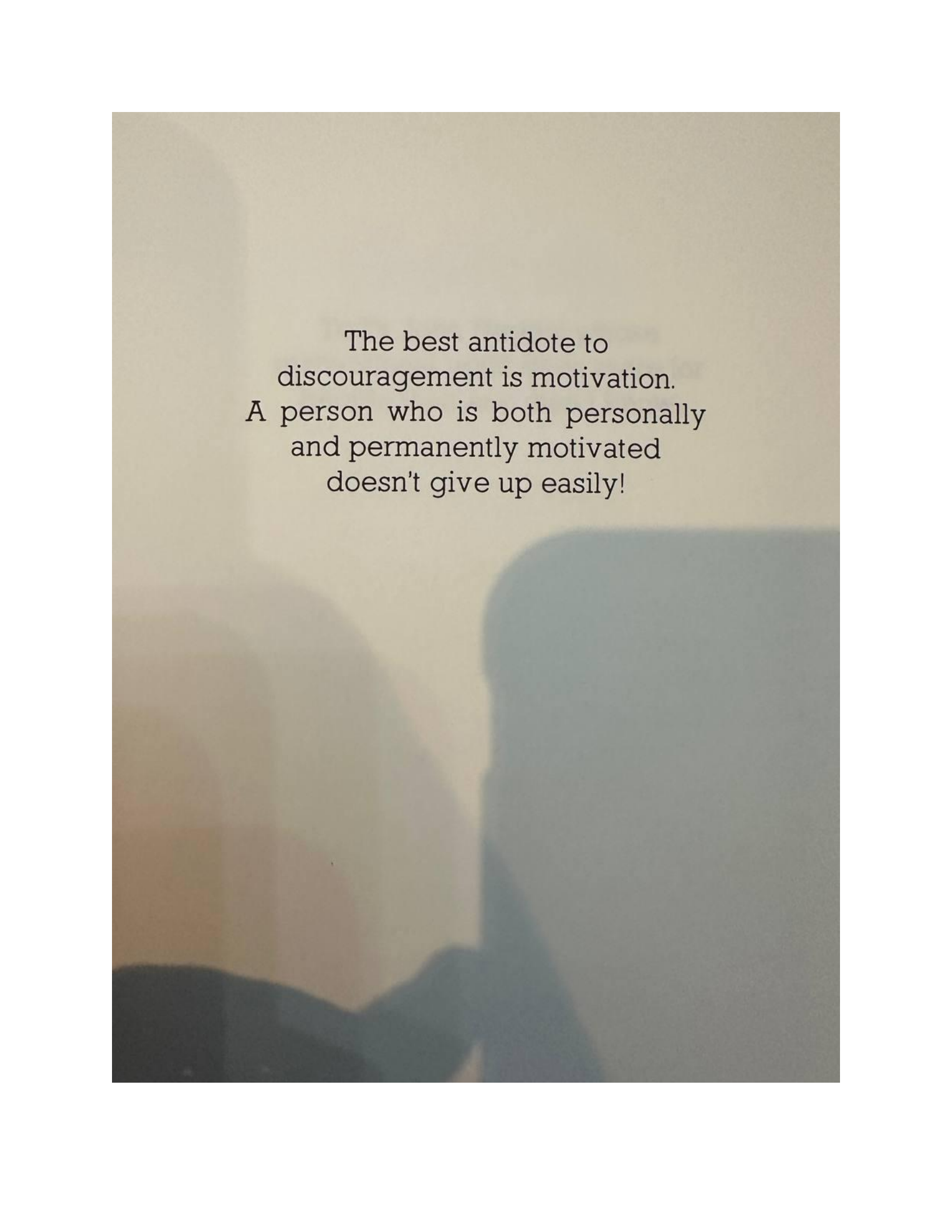
How to be

# MOTIVATED

all the time



*Peter J Daniels*

The background of the image is a soft, out-of-focus photograph. It shows the dark silhouette of a person's head and shoulders against a light, warm-toned wall. The person appears to be looking towards the right side of the frame. The overall mood is contemplative and serene.

The best antidote to  
discouragement is motivation.  
A person who is both personally  
and permanently motivated  
doesn't give up easily!

# Contents

To Dr. John Haggai whose  
motivational uplift does more for  
people than any man I know.

Introduction

Motivation is Deeply Personal

Have Clearly Defined Boundaries

Have Long Term Goals

Develop A Positive Mental Attitude

Develop A Deep Personal Integrity

Take Care In Selecting Your Friends

Operate With Personal Timetables

Monitor Your Dependency

Remain In Control All The Time

Account To

Yourself

Have Faith



# Contents

Preface	9
1. Motivation Is Deeply Personal	13
2. Have Clearly Defined Boundaries	21
3. Have Long Term Goals	29
4. Develop A Positive Mental Attitude	35
5. Develop A Deep Personal Integrity	43
6. Take Care In Selecting Your Friends	51
7. Operate Within Personal Timetables	59
8. Minimise People Dependency	67
9. Remain In Control All The Time	75
10. Accept Total Responsibility	83
11. Make Motivation A Habit	91
12. Aspire To Something Greater Than Yourself	99
13. Always Have A Futuristic Outlook	105
14. Give Your Motivation To Others	111
15. Be Grateful, Not Critical	119
16. Remove Motivational Blocks Forever	127
17. Look For Mentors	135
18. Have Built-in Personal Incentives	141
Postscript	147

# Preface

I could just hear what they were saying as they came up into our apartment. Greetings were exchanged and our visitors were evidently looking through the glass doors into the lounge room observing me stretched out on the lounge with my eyes closed. One of the guests said to my wife Robina, 'Isn't it nice to see Peter resting? I don't think I have ever seen him like that before.'

My wife responded, 'Don't you believe it, he's not resting, he's probably working very hard at something — he's motivated all the time.'

Later our guests asked the question: 'Is it possible to be motivated all the time?' I responded with a resounding 'Yes!!'

As I have moved around the world speaking to groups of people from many nationalities the question usually arises, 'How can I be motivated?' or, 'How can I motivate someone else?' or, 'Can I have motivational permanence?' While it is true that motivation — or lack of it — comes to us all at times, it is generally triggered by an outside force or influence causing us to respond. These forces can involve threats, fear, crisis, conflict, love, hate



and anger. But just as these can motivate us they can also destroy us if they are not brought under control and programmed through discipline and planning.

Can you actually program motivation? I believe you can. Furthermore I believe you can do it in such a way that it remains a permanent part of your work and personality.

Doctor John Edmund Haggai, to whom I have dedicated this book, remains to me the most motivated individual of our time. Consistently he is on the move, carefully but swiftly gliding through life like some graceful mental ballerina, with a minimum of fuss and a maximum of results. His manner is always pleasant, his objective always clear and his resilience, even in the most awesome of situations, is prompt and accurate. Someone once said of John Haggai that after fifteen minutes with him you feel you can conquer the world.

Is this just psyching yourself up or being puffed up with an unnatural ego? Is it just arrogant verbal boasting? No, I believe it is much more than that. It is a way of life that exudes confidence and produces the final product whatever that may be. And inspires all those who become involved to creative and purposeful action.

W. Clement Stone, the famous insurance tycoon, at 85 years of age exudes this quality. He attributes his rise from humble beginnings to this motivated

attitude. And he has inspired millions by his life. I hope this book will give you the formula to help you to be motivated all the time and propel you to achievement you never dreamed possible. Read this book many times and underline and emphasise — by involvement — those principles that particularly appeal to you. Make them a part of your personality by initiating habit force and through the repetitive process make it your very own.

At the end of our lives we are going to look back on our time spent on this planet with reflection, insight and hindsight. Most of us will have some regrets and we will see areas that we could have improved upon. But let us try. Let us be motivated to have a go. Let us give life our best shot by being honest with the breath that God has given us and respond to the opportunities and oppositions presented by accepting and demonstrating to others 'How To Be Motivated All The Time'.

*Peter J. Daniels*