



# MIND AND



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# Introduction

Motivation serves as one of the most important things in life that a person must not forget especially in times of troubles and difficult challenges. This thing has successfully changed the life of many people in this world in the past because of its amazing benefits that can amazingly increase the level of self esteem and courage of a person while accomplishing tough tasks and special goals. Some people might say that motivation is just an ordinary word which has a very useless meaning. But such claim is a very big mistake since it plays a very important role in the daily living of every individual in this world who wants to become successful.

Motivation has an ability to change the mood of a person in a good way especially when it comes to the completion of special goals. This thing works more efficiently when executed with the help of a very reliable support. It has a very strong connection to the ability of a person to find a purpose behind the things and situations that are happening in this world nowadays. And everyone will surely agree to this statement since it is part of the reality.

Motivation works more efficiently if an inspiration is available to inspire a person to work harder in the middle of all the challenges and obstacles that are happening in the way towards success. With the help of this special thing, a person will be able to achieve great excitement in all of the missions that are meant to be accomplished to achieve a very important goal in life.

# **Chapter 1:**

## **The Basics of Motivation**

### **Synopsis**

Motivation plays an important role in the daily living of a person. It can totally change the mood of several individuals in a very good way. Many people in this world have successfully achieved their most important goals in life because of this wonderful thing. Sometimes it can be embodied by a set of interesting objects that are very important in the life of a person. Its main purpose is to motivate a person to do a certain action or move in exchange for a certain reward or achievement.

Motivation is always embodied by a set of rewards that a person will receive after the process of accomplishing a very important goal. This special thing can be applied on the daily living of a person with the use of some special items or special individuals who can provide great happiness, contentment and courage to another person. Its concept is highly applicable in the process of learning process since the learners won't be able to focus on their studies if a reward is not present to compensate their achievements. This emotion can be used also to achieve excellent results in the field of teaching. A teacher won't be able to catch the attention of the students in a classroom for several hours if this was not properly integrated.

### **The Basics of Motivation**

It is really hard to understand the concept of the motivation. But it is really one of the most important emotions that a person must feel while aiming for

something to achieve better results in the end. The following are the key ideas that can explain the meaning of this special feeling:

- Several kinds of rewards or gifts are meant to be provided by an individual who aims to be motivated in the middle of a very tough task of responsibility in school, office or business establishment. Anyway, what are the examples of rewards that a person can use to motivate oneself or a different person? Some of the best rewards that a person can cause while aiming for an effective motivation are the following: money, compensations, success and other special things that are very rare or limited in the life of every people in this world.
- Motivation can be executed by only one person alone or with the help of another individual. All of the people in this world need it to become more successful in all of their goals and aspirations in life.
- Motivation can be used to build up the concept of moral values in the daily living of a person. It is something that can encourage a person to work harder while aiming for a very special thing or achievement in life.

## **Chapter 2:**

# **How to Focus on One Goal at a Time?**

### **Synopsis**

It is easy to concentrate on one goal if a person is well motivated. Motivation has a very strong connection to the concentration of an individual who aims for a very special thing. Such claim is very applicable in the process of attaining a very important goal in life or a very significant opportunity which can lead a person to success. There are so many ways to concentrate on a goal with the use of some effective motivational techniques. And some of its examples can be executed by only one person.

Motivation has an ability to improve the level of concentration of a person while trying to complete a very important goal. This special thing can encourage a person to pursue a very difficult task even if the needed things are not so easy to provide. It is something that can provide self confidence, strength and courage in the mood of a person. The issues that are related to hopelessness can be easily resolved with the help of this special thing which can be achieved by a person only with the use of a reward or any special item that can bring happiness and satisfaction in life after several days of focusing on a very tough responsibility.

### **It is Important to Concentrate on One Goal**

Motivation and concentration have a strong connection to each other. These two things have an ability to change the overall performance of a person in school, work and even in the process of achieving a very special goal in life. If motivation is not present in the life of a person, it will be very hard for that

individual to focus on a certain goal. It is because motivation helps a person to find a perfect purpose for a certain action or plan once executed. The following are the steps on how concentrate on one goal while aiming to understand the concept of motivation:

- First of all, self evaluation must be executed by a person while trying to motivate oneself to concentrate on one goal. Try to establish some limits and target accomplishments on the daily schedule of the tasks that are meant to be finished in the completion of a goal.
- Think of something that can be used as a reward for oneself just in case the goal has been successfully completed.
- Do not think of any negative situation while trying to accomplish all the tasks that will lead to the completion of an important goal. Stay positive and look into the things and rewards that will come after the challenges.

That's it, when all of these steps were properly executed, a person will be able to concentrate on one goal. Such steps simply explain the importance of a motivation in all of the aspects of the daily living of a person.

# **Chapter 3:**

## **How to Find Inspiration?**

### **Synopsis**

Motivation and Inspiration have a similar purpose. These things can provide a person with a special reason to pursue a very special goal without hesitating. Such things can totally change the mood and daily living of an individual in a very positive way. Inspiration can be used by a person to motivate oneself in the middle of a very difficult challenge. It is something that will really inspire a person to continue a long journey even if there are several trials and obstacles that are waiting. To inspire someone is like an act of motivating someone to become stronger and more confident.

An inspiration is not so easy to find. Basically, it can be represented by an individual or an object which plays a very special role in the life of a person. It can be represented by a family member, a special someone or a pet. It is something that can encourage a person not to give up in the middle of a very difficult challenge. Many people in this world have successfully reached their goals in life with the help of their own inspirations who served as their own motivations. And their inspirations motivated them in the middle of all the trials in their lives.

### **Motivation is embodied by an Inspiration**

There are so many ways to find an inspiration in the middle of the trials in life. Such thing will help a person to continue a long journey even if all of the things seem to be very complicated. It can be conducted in a workplace, home, or even in public places where several people are always present to

lend a helping hand. One of the best ways to find this inspiring thing is to talk to the old folks who can share helpful advises in times of trouble and serious problems in life. The old individuals in this world might be the weakest and most vulnerable people who are very susceptible to illnesses and wounds. But these individuals have comprehensive knowledge and experience in life that can teach a young person to aim for a better life.

The old individuals who have successfully lived their lives to the fullest can be considered by the other people as their inspirations in their lives. Aside from the old individuals, a person can also find inspiration in a special someone. A special someone might be a girlfriend or a boyfriend who is willing to show great affection, love and support to a certain person while facing from several kinds of trials in life. This individual can be treated also by a person as an inspiration when all of the things in life start to get complicated.

# **Chapter 4:**

## **Getting Excited to Crush Your Goals**

### **Synopsis**

It is possible to provide excitement in an activity or task if a motivation is present in the mind of the person who will perform it. A motivation can help a person to get excited everyday while aiming for something. At this stage, motivation can be represented by a very interesting activity or a very special reward. An individual may use the concept of motivation while aiming to achieve the presence of excitement in an upcoming event. There are so many ways to achieve such action. And as much as possible, the things that are new to the eyes of a person or a group of people must be maintained in a certain place or event while aiming to provide excitement.

In this chapter, the relationship between motivation and excitement will be discussed together with all the facts that are connecting these two different things from each other. The readers will be able to understand in this chapter if a person will be able to achieve real excitement in an activity which does not have a reward or an inspiration for the participants. Just read the whole chapter and find out what makes motivation special in the process of providing excitement in an activity.

### **The Relationship between Motivation and Excitement**

Motivation and excitement are inseparable. It will be impossible for a person to make a simple activity more enjoyable and exciting if motivational activities are present in its flow. Like for example is in a classroom setting. In a classroom, a teacher and a group of students are present. An ordinary

discussion activity in such place might encourage the learners to play and do not participate in their lessons. What's the good solution for this issue that the teachers must use to provide excitement on their teaching strategies and discussions? Of course, the answer to that question is motivation. A teacher must be able to provide motivational activities in every stage of a classroom activity or discussion to make it more interesting for the learners.

A simple puzzle game or a trivia can be considered already by the teachers as a form of motivation that can help the learners to get excited in all of their lessons while participating in all of the activities that were provided to them. Motivation has a strong impact to the mood of every person in this world. It can make all the situations and activities more interesting for several hours especially when properly integrated. Everyone in this world will surely agree to the fact that motivation can never be separated from the concept of excitement since the different kinds of enjoyable activities and rewards that it can provide to a person have wonderful effects.

## **Chapter 5:**

# How to Build Anticipation?

## Synopsis

After a very special yesterday is a more fantastic tomorrow. Many people in this world believe in the fact that anticipation can help a person to become well motivated while aiming to accomplish a certain task or while waiting for something new in this world. It is easy to build such emotion in the heart and mind of a person when a very special event or achievement in the past remains fresh in the memory. Most of the people in this world have high expectations in all of the things that will happen in their future. And positive anticipations can be considered also as form of motivation.

Anticipation helps a person to become more positive in life while waiting for a very special goal or dream to be accomplished. It can be embodied by a very special dream or aspiration in life. It is something which embodies good news that a person wants to see and witness in the future. Since it has an ability to control the level of excitement in the life of a person, and it can also bring enjoyment. Such emotion can be considered also as another form of motivation for everyone.



**Motivation will require a Person to Build Anticipation**

Anticipation can motivate a person in a very excellent way. It is a special feeling that can encourage a person to expect more in the future after a very special and enjoyable moment in life. It is a form of motivation that can totally lead a person into a more positive and exciting life since its main purpose is to tell an individual that there's something much better to see in the future even if all of the things that are already considered as excellent nowadays are suitable enough to make a person happy. The writer of this chapter knows that everyone in this world have experienced this moment in one of the best moments in their lives.

One of the excellent ways to build anticipation is to look into the possible improvements and positive changes that may occur in the future while aiming for a much better life in this world. By doing such action, a person will be able to understand that motivation and anticipation are also connected to each other since the main purpose of these things is to introduce the meaning of success to everyone. It's easy to live a very exciting and enjoyable life in this world by anticipating good things and surprising moments every day. These are the things which make the act of building anticipation related to the concept of motivation.

# **Chapter 6:**

## **Make Your Commitments Publicly**

### **Synopsis**

The act of sharing a goal or a mission to the other people can help a person to accomplish it more effectively. Such situation refers to the concept of Commit Publicly while aiming to get motivated on a very tough or challenging task. To Commit Publicly is like an act of asking for the support of other people to achieve a motivation. A person will be encouraged to accomplish a certain goal without suffering from hesitations when this thing was successfully executed in the presence of the other people. It simply refers to the act of converting a certain goal into an official commitment.

To commit publicly while aiming for something can help a person to pursue a dream or a very tough task in a very efficient way without hesitating in the end. It will be a shameful moment for a person to postpone a planned task or activity if the other people are already expecting that it will be accomplished as soon as possible. In other words, the remaining option of a person at this stage is to continue the plan regardless of the possible consequences and tests that may occur in this completion. This is the most important advantage of declaring a commitment in the front of the other people because it really helps a person to avoid hesitations in life while aiming to be motivated in a certain goal.

### **To Commit Publicly is a Form of Motivation**

Motivation is achievable if a person knows how to commit publicly. It can prevent hesitations and fears in the end while aiming to complete a very

important task or goal in life. It includes the act of making a promise in front of many people that an important task will be accomplished on a particular date regardless of the possible problems and obstructions that may occur. This action might be one of the most challenging tasks that a person has to perform while aiming to be motivated in the process of fulfilling a very important mission in life.

It will become more difficult for a person to surrender a dream or a goal if this action was done perfectly. It will always remind an individual of the possible losses and failures that may occur if the promise was not executed according to what was announced in the public. The concept of motivation will come out in this stage since it is not a wise decision to give up a dream only because of few obstructions that are present in its completion. The reputation of a person is already at risk when this action was executed properly while its final output was not completed in a very efficient way.

**MOTIVATION**



## **Chapter 7:**

# **Find Support**

## **Synopsis**

A person has to find support while aiming to understand the real idea of motivation. Actually, a motivational activity can be executed by a person alone. But it becomes more exciting and inspiring when a support is available at the side of a person who needs to be motivated. In this chapter, the different ways on how to find support for a motivational activity will be enumerated for the benefit of those individuals who want to become more successful in their lives by attaining a very positive attitude in their daily living.

It is not difficult to find support in the process of completing a motivational activity. However, a person has to be very wise in its process to achieve much better results in the end. Motivation becomes more exciting and fruitful if it was conducted by two individuals. Some important techniques must be applied into it also to make sure that it will bring excellent results in increasing the self confidence, courage and determination of a person in the middle of a very challenging mission, task or responsibility which needs to be completed in a very competitive manner.

## **Motivational Activities need a Support**

It is not easy to motivate a person especially if there are so many hindrances. A person needs to find a support in the process of achieving an excellent motivational activity. A support could be a family member, a special someone or a mentor. As much as possible, the support for this kind of activity must be an expert individual in the field of motivational activities. That person should be someone who knows how to increase the self esteem and courage

of a person in the middle difficult challenges and tests in life. It is not actually impossible to accomplish a motivational activity alone. However, it is highly recommended to ask for the assistance of others if the main target of a person is to achieve its best results.

The role of a support in motivational activities can be easily explained with the help of a real classroom situation. A classroom is a place where a teacher and huge number of students are present. The teacher will serve as the support of the students in process of attaining the benefits of motivation. The role of the support (teacher) is to provide a very exciting activity in the classroom to catch the attention of the students. A game or a trivia is already acceptable at this stage. The students must participate on the activity that their support will provide to them. The activity that the support will provide to the students must be highly connected to the main target or goal of their lesson to make sure that each of them will be able to understand that its purpose is to encourage them to perform well.

# **Chapter 8:**

## **Be Nice to Yourself**

### **Synopsis**

It is important to be good to oneself while aiming to understand the importance of motivation. A person must provide motivational activities that were designed to improve concentration and focus while preparing for a very tough task or mission. For several years, motivational activities became one of the most significant components of the daily living of all the people in this people. And until now, it continually changes the way of living of those individuals who do not have sufficient self esteem to use in the process of resolving the most complicated issues in their lives.

Some people fail to achieve their dreams and aspirations in life because of the absence of motivation in their daily living. These individuals failed to understand the real concept of motivation and there's a possibility that all of them didn't succeed in executing its steps in a very efficient way. To be good to oneself is part of the process of understanding the real meaning of motivation. Be the first one to make the actions that will lead to the most efficient completion of a motivational activity and do not just rely on what the support can provide. Motivation was introduced to the people to share the fact that there's solution in all of the issues and tests that are occurring the daily living of every individual in this world.

### **Be good to Yourself while Aiming to be Motivated**

Motivation is one of the most important things in the life of every person in this world. Its main purpose is to make all the tests and troubles in life much

easier to resolve. If people are not capable of motivating their own minds and hearts, a support will be available to do it for them. In its whole process, a person must be good to oneself especially if the procedures are already starting to get more complicated and difficult to accomplish. It should be an activity that will encourage a person to do more and work harder even if the situation is already at its worst level.

Motivation was designed to encourage a person to continue a mission even if the situation is already complicated. Such thing serves as the key to success in all kinds of goals, tasks and responsibilities that the people in this world have to accomplish. A person must be good to oneself while aiming to understand its real meaning of motivation since its main purpose is to provide several kinds of rewards for the difficult missions that an individual has successfully accomplished. What matters most in the process of integrating the concept of motivation in the daily living of a person is the presence of discipline and love for oneself.



# **Chapter 9:**

## **Stick With Your Goals**

### **Synopsis**

Motivation must be a part of the daily routine of person. It is because this special thing has an ability to bring several types of benefits and success in the life of a person. This special thing has an ability to change the destiny of a person in a very excellent way. Many people in this world have successfully attained their dreams in their lives with the help of it. And until now, the concept of this thing remains a part of the daily living of many people in this world at the present time.

Those people who have excellently maintained the concept of motivation in their lives for several years and up to the present time will be able to achieve real happiness and contentment upon their retirement in their jobs and up to the last day of their lives. This special thing can totally change the perspective of a person in life while facing several challenges and trials. Motivation has an ability to increase the self esteem or confidence of a person while aiming for something. As much as possible, it should be always present in the all of the most important actions that a person will perform every day.

### **Motivation: A Significant Part of the Life of a Person**

Motivation serves as the key to success. Every person in this world knows this fact since many individuals have already proven it in the past. This special thing can make the miserable life of a person more colorful and enjoyable in an instant. A certain goal will be very easy and more comfortable to achieve if an individual has successfully attained the benefits of this thing.

Its concept is highly applicable in the process of learning process since the learners won't be able to focus on their studies if a reward is not present to compensate their achievement. This emotion can be used also to achieve excellent results in the field of teaching. A teacher won't be able to catch the attention of the students in a classroom for several hours if this was not properly integrated.



# Chapter 10: Advantages of Being Motivated

## Synopsis

A person will be encouraged to accomplish a certain goal without suffering from hesitations when this motivation was successfully executed in the presence of other people. It simply refers to the act of converting a certain goal into an official commitment.

Motivation can be used to build the concept of hard work and discipline in the daily living of a person. It is something that can encourage a person to work harder while aiming for a very special thing or achievement in life.



## The Benefits of Motivation

The following are the advantages that a well motivated person will experience every day:

- It is possible to provide excitement in an activity or task if a motivation is present in it for the benefit of its performer.
- A motivation can help a person to get excited everyday while aiming for something.
- It will be possible for a person to make a simple activity more interesting and exciting if motivational activities are present in its flow.
- It has an ability to remove hesitations in the daily living of person especially in times of trouble and serious problems.



# Conclusion

Motivation has an ability to change the set of daily experiences and achievements of a person while aiming to complete a very special goal. Those individuals who are not aware of its importance won't be able to maintain their concentration in the process of completing a significant task. It is because motivation helps a person to find a perfect purpose for a certain action or plan once executed.

Motivation has a very strong connection to the mood of an individual when it comes to the process of completing a very special mission or goal in life. It can be performed by a person with the help of a very special support. A person will be able to understand the main purpose of all the things that are happening in this world with the help of this thing. And everyone will surely agree to this statement since it is part of the reality.

Motivation serves as one of the most significant part of the life of a person that must not be forgotten especially when challenges and trials start to occur. This thing has successfully changed the life of many people in this world in the past because of its amazing benefits that can truly increase the level of self esteem and courage of a person while accomplishing tough tasks and special goals. Some people might say that motivation is just an ordinary word which has a very useless meaning. But such claim is a very big mistake since it plays a very important role in the daily living of every individual who wants to become successful in this world.

With the help of motivation, it will be very easy for everyone to improve their own concentrations while accomplishing the most important missions in their lives. This special thing can encourage a person to work harder even if the available chances to prevail on a challenge are very limited. It is

something that can provide self confidence, strength and courage in the personality of a person. The issues that are related to hopelessness can be easily resolved with the help of this special emotion that can be achieved by a person only with the use of a reward or any special thing that can bring happiness and satisfaction in life after spending more time on a very difficult mission or goal.

