# HOW TO OVERCOME YOUR LACK OF modivation

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#### MODULE 1

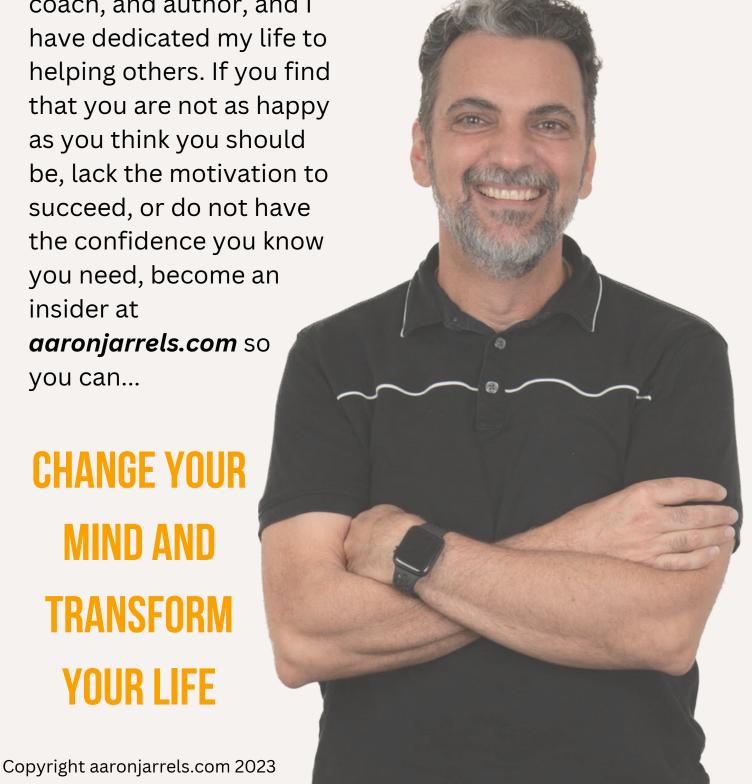
### Introduction

Hello, my name is

# **AARON JARRELS**

I'm a dedicated therapist, coach, and author, and I have dedicated my life to helping others. If you find that you are not as happy as you think you should be, lack the motivation to succeed, or do not have the confidence you know you need, become an insider at aaronjarrels.com so you can...

**CHANGE YOUR** MIND AND **TRANSFORM YOUR LIFE** 



#### About the Process

This is a guide to help you understand what motivation actually is, why you are struggling with matters of motivation, and what you can do about it. If you follow the instructions in this guide, you will discover your inner motivation and how to access it whenever you like.

If you find at any point during the process you feel stuck, confused, or lost. Please feel free to reach out to me directly on Facebook and I will answer any questions you have, provide you with clarity about any part of the process, and support you on your journey.

# YOUR THOUGHTS:

#### Getting Started

It's normal to feel unmotivated from time to time. But if you're stuck in a rut, it can be hard to get out. Fortunately, there are things you can do to overcome your lack of motivation.

Start by identifying what's causing your lack of motivation. Is it something specific, like a project you're dreading? Or is it general feelings of boredom or unhappiness? Once you know what's behind your lack of motivation, you can start taking steps to fix the problem.

If you're struggling with a specific task, break it down into smaller pieces so it feels more manageable. Set yourself small goals and celebrate when you reach them. It may also help to talk to someone who's supportive and understanding.

In general, try to do things that make you happy and fulfilled. Ask yourself what is keeping me from feeling like doing this thing or that. We often do not realize that we tend to procrastinate the things we are not wanting to happen.

So, if you do not want the result of the action that you are unmotivated about, it may be because you do not want the result. An example of this is: if you do not want the additional hours and responsibility of getting a promotion, you may find your lack of motivation at work a direct result of trying to avoid getting the promotion.

#### MODULE 2

# What is Motivation

#### What motivation is and isn't

What is motivation? Motivation Positive means to add and is the process that initiates. guides, and maintains goaloriented behaviors. It is what causes us to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge.

However, motivation isn't always about achieving a goal. Sometimes we are motivated by something that we want to avoid. For example, we may study for an exam because we don't want to fail the class. Or we may go to the doctor for a check-up because we don t want to get sick.

There are four main types of motivation: positive reinforcement, negative reinforcement, positive punishment, and negative punishment.

negative means to remove or take away.

- Positive Reinforcement: Add a pleasant stimulus to increase the behavior.
- Positive Punishment: Add an unpleasant stimulus to decrease the behavior.
- Negative Reinforcement: Remove unpleasant stimuli to increase the behavior.
- Negative Punishment: Remove pleasant stimuli to decrease the behavior.

Often, when people search for answers about "how to overcome my lack of motivation" they are looking for a "pill" that will fix them.

#### What motivation is and isn't -continued

Keep in mind, that you are not broken, and that everyone struggles with motivation from time to time.

Discovering why you feel motivated at times is far more valuable than what motivated you the last time.

Keep reading to learn more about how to find your, why. Your why is probably the single most important part of the process.

If you want something bad enough, I mean you **really** want it, the facts don't matter. This means you will not need to try and find motivation, it will find you.

# Why motivation does not last very long

It is a common misconception that motivation has to last forever in order for someone to be successful. The truth is, however, that motivation fades and does not last as long as most people think it does. Here are three reasons why motivation does not last long:

- 1. Motivation is often based on external factors.
- 2. Most people are not used to sustaining high levels of motivation for extended periods of time.
- 3. Once the initial excitement or burst of energy fades, it can be difficult to keep going.

These are just a few of the reasons why motivation does not last as long as many people would like it to. The good news is that there are ways to overcome these challenges and sustain motivation over the long term.

### How to get your motivation to last

When you can feel your motivation slipping, it is important to ask yourself "why?" It might be because something has changed, and you now no longer want the result you once did. But, if that is not the case, here are a few tips to help get that fire burning again:

- Change your perspective. Instead of thinking "I have to do this," try "I get to do this." It's a small shift, but it can make a big difference in how you approach your work.
- Find your, why for wanting the task completed. Why are you doing this? What's the bigger picture? Keep your goals in mind and let them be your source of motivation.
- Take it one day at a time. Trying to accomplish too much at once can be overwhelming and lead to burnout. Rather, be sure to set small goals and reward yourself when you accomplish them.

#### MODULE 3

# Increase Your Motivation

## Why is motivation alone not enough?

#### How can I overcome my lack of motivation?

Motivation is a critical ingredient for success, but it's not the only one. There are times when even the most motivated people find themselves struggling to achieve their goals. When this happens, it's often because they're missing a few things that are just as important: a clear plan of action and consistency.

Without a plan, it can be difficult to know what steps to take next or how to stay on track. This can lead to frustration and eventually give up altogether.

If you're struggling to stay motivated, ask yourself if you have a clear plan in place. If not, sit down and map out what you need to do to reach your goal. Having a specific plan will make it much easier to stay motivated and see results.

It is hard to stay consistent when you do not have a plan of action. But when you have a clear plan and well-defined goals, consistent action is the key to accomplishing what you want.

The added benefit of staying consistent and having a plan is that as you progress your sense of completing or accomplishing the goal becomes stronger and it will increase your motivation.

### Why is motivation not reliable?

When it comes to motivation, it's not always reliable. Sometimes people are motivated and sometimes they're not, there appears to be no real rhyme or reason to it. This can be frustrating because when you need to be motivated, it can be hard to find the right source of inspiration.

There are a few reasons why motivation might not be reliable. For one thing, people's moods and energy levels fluctuate throughout the day. What might motivate someone in the morning might not work as well in the afternoon. And even if someone is in a good mood, they might not have enough motivation for whatever it is they need to do. Motivation is tied to our feelings and thoughts, so as they change, so do our motivation levels.

It's also worth noting that different things work for different people. What works for one person might not work for another. Do not fall for the idea that there is a one-size-fits-all when it comes to motivation.

# Can you succeed without motivation?

In today's society, people are constantly being told that they need high levels of sustained motivation to succeed. However, is motivation really necessary to achieve success? The simple answer is, no, motivation is not necessary to succeed.

Although being motivated can help you achieve your goals, it is not always necessary. There are many people who have succeeded without being or seeming to be motivated.

For example, Bill Gates did not have any motivation to become a successful entrepreneur. He simply had a desire to create something new and innovative.

This desire led him to create Microsoft, one of the most successful companies in the world. Success can and often is a byproduct of someone living their best life and doing what they love. Live in your passion, and success will find you.

So, if you don't have the motivation to succeed, don't worry. You can still achieve success as long as you have a strong desire to reach your goals while living in your passion.

# How can I feel more motivated?

When it comes to feeling motivated, there are a few key things you can do to increase your motivation levels.

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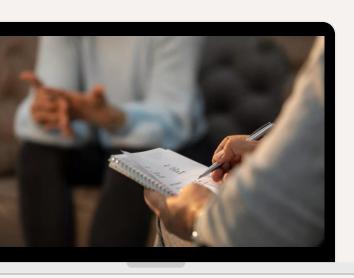
First, take a look at your goals and make sure they are realistic and attainable. Having tangible goals that you can work towards will help you stay motivated.

Secondly, break up your goals into smaller pieces so you can focus on one task at a time and not feel overwhelmed.

Lastly, reward yourself for completing small tasks along the way to help keep yourself on track. By following these tips, you can learn how to feel more motivated and increase your motivation levels.

Remember, that the key to motivation is that people always do what they feel like doing more. So, focus on what you want, and go after it.

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