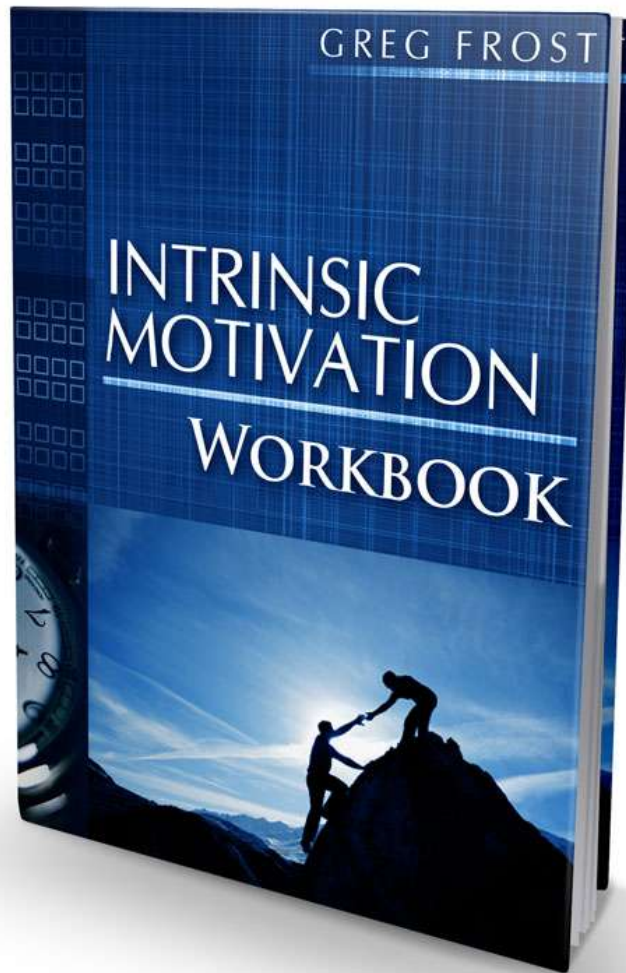


Intrinsic Motivation Workbook



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About Greg Frost



Greg Frost is a bestselling author and self improvement coach who has helped thousands of people worldwide achieve their dreams. He believes that it is “Choice, not chance that determines destiny.”

Born within a middle-income family, he has struck out on his own and achieved great success in his relationships, career, health and life. His dream is to touch and improve the lives of at least 10 million people worldwide.

You can find out more about him and his other products at:

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Intrinsic Motivation Workbook

Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way.

– **Les Brown**

The questions in this workbook can help you find the motivation to take answer the questions below truthfully and revisit these questions whenever you feel your motivation waning.

What Makes People Self-Motivated?

Passion and discipline are the primary stimuli for self-motivation.

What interests am I passionate about?

Is there a discipline I follow regularly, such as an exercise routine or a special diet? Jot these down.

Lack of Energy or Self-Motivation?

If you feel you lack self-motivation, perhaps it could be a lack of energy instead. Check whether you may be energy-deprived due to stress, depression, low self-esteem, or physical fatigue. Energy-enhancing practices may help you, such as:

- Meditation
- Eating more nutritious foods
- Adding vitamins to your diet
- Incorporating more exercise into your daily routine
- Getting more sleep

What changes can I make in my daily routine to increase my energy level?

Making Decisions

We create our destiny the moment we make a decision, no matter how trivial. A true decision leads to achievement because it involves commitment to action. Flexibility is important. If the outcome of your decision isn't what you want, learn from it and make another decision.

Make an important decision that will encourage commitment and action.

What action can I take today to start implementing this decision?

Don't Make Excuses

Everyone has dreams, but few make the effort to turn them into reality.

One obstacle that can hold you back is the habit of making excuses.

Write down the limiting excuses I make that prevent me from achieving my goals.

Be Clear About Your Decisions

A true decision has clarity. It's specific and it makes you feel empowered and relieved.

How do you know you've made a "true decision?" If you've made a true decision, you'll find yourself acting on it.

Write down any decisions that are still only dreams – something I'll do "some day."

How can I empower these decisions?

The Three Decisions That Will Shape Your Life

Make these decisions right now and write them down.

What is the primary focus of my life?

Decide how the situations you find yourself in today affect your present and future.

Situation 1:

Effect on the present moment:

Possible effect on my future:

Situation 2:

Effect on the present moment:

Possible effect on my future:

And now for the most important decision:

Looking at my current situation, what should I do now? The quicker and more decisive the decision, the greater the impact on my life.

The NAC Concept of Pain and Pleasure

You can train your subconscious mind to condition yourself for success with Neuro Associative Conditioning techniques. You do this by associating pain with the things you want to avoid and pleasure with the things you desire.

Your Beliefs Have the Power to Create and Destroy

Check your beliefs. Are they getting in the way of achieving your goals or are they propelling you forward? You can use the NAC technique to replace negative beliefs with positive ones.

What negative beliefs do I hold?

How are my negative beliefs affecting me? As I write down my answer, I allow myself to feel the pain.

What positive beliefs can replace the negative ones? How will it affect my life? Feel the pleasure intensely and visualize the outcome vividly.

Another way to replace negative beliefs with positive ones is to question your negative beliefs. Do some research on the subject and study the lives of those who hold the opposite view.

Transforming Yourself

Transformation is not a long process. It happens in an instant, provided that you've been working towards it. Do you have a powerful intention to change?

What do I really want to change now?

Now use the pain and pleasure principles by answering the questions below (feel and visualize the pain and pleasure):

1. What will this cost me if I don't change?

What has it already cost me physically, spiritually, mentally,
career-wise, and in my relationships?

How has it affected my family and friends?

If I transform myself, how will it make me feel?

What will this change help me accomplish?

How will this change make my family and friends feel?

Do your research. Get all the information you can on the subject that interests you. This will generate motivation.

Reward yourself as you progress. This will keep motivation levels up. It doesn't matter how small the milestone is. Reward yourself as soon as you achieve it.

What are some rewards that I can give myself when I make progress?

Join a community. Nothing can be more motivating than working towards your goals with others who share them. Find communities online or locally that share a passion of yours.

List my favorite support communities here:

Befriend motivated people. Choose friends who are highly motivated so they can support and inspire you.

Who do I know that are the most motivated?

Seek feedback. Blogs are a popular method for generating feedback. Blog about your successes and the insights you glean on the way to your goal. Relive past successes. Follow the example of high achievers. Focus on your successes every morning, and your brain will create new neural pathways that will help you replicate these successes.

What are some of my past successes?

Keep your target in sight. Make an effort to remember your target at all times. If you focus on the pleasurable outcome, you'll create more positive outcomes.

Be tenacious. Use each day wisely – take action, no matter how small, to make your dreams come true.

What can I do today to move closer toward my goals?

Read inspirational material. Reading about people who achieve their goals against all odds will motivate you.

Visualize the outcomes repeatedly. Visualization is a powerful technique. Repeatedly imagining the outcome of your goals will help manifest them as reality.

Describe my vision:

Write down your goals. Putting your goals down on paper will help to imprint them on your brain.

What are my most important goals?

Give yourself a spiritual goal or noble cause. A spiritual goal such as enlightenment, or working for a worthy cause can be a powerful motivator.

What is my noble cause?

Be health conscious. If you look after your health by exercising regularly and eating the right foods, you'll have more energy and higher levels of motivation.

Know your "peak hours." Find out your most productive time of the day and do your most demanding tasks during this time period.

What are my peak hours? What tasks should I accomplish in these hours?

Don't look for perfection. The key to being highly self-motivated is to act without worrying about how good your output is. Get on with it. The polishing can be done later.

Do the harder task first. Once you've put the more difficult tasks behind you, you can relax and do the easier ones.

Practice spiritual awareness. Be completely in the moment when you act. Don't think about the past or the future. After all, the present creates the future!

Use self-affirmations. Telling yourself repeatedly that you're getting better every day in every way is bound to cause your brain to believe it.

What are some self-affirmations that make me feel good about myself?

Use inspirational quotations. These are built around the lives of famous and highly motivated people who have succeeded against the odds.

What are my favorite quotes that resonate with me?

You have the most powerful keys to self motivation in your hands. Use them to realize your wildest dreams!

To your success!



Greg Frost

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