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# **Daily Plan**

## **Motivate Your Life**

### **Daily Rituals to Stay Motivated!**

By

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## **Table of Contents**

Chapter 1 – Introduction .....	5
Chapter 2 – Keeping It Simple.....	6
Chapter 3 – Keeping Good Company .....	8
Chapter 4 – Continuous Learning .....	11
Chapter 5 – The Power of Positive Thinking.....	13
Chapter 6 – Procrastination .....	19
Chapter 7 – Knowing Yourself.....	21
Chapter 8 – Goal Setting and Tracking Progress.....	23
Chapter 9 – Helping Others.....	25
Chapter 10 – Building Motivational Habits .....	31
Chapter 11 – Maximizing Motivation .....	36
Chapter 12- Conclusion .....	40
References and Preferable Sources.....	41



## **Chapter 1 – Introduction**

Motivation is what keeps us going. It is the reason people succeed and the reason people fail. Motivation is the drive someone has to complete a task. The ingredients of motivation are combined with many factors which include simplicity, attitude, the people you hang around, the way you think, knowing yourself, helping other people and so much more.

The purpose of this e-book is to take you through the methods you can practice on a daily basis to remain motivated. These techniques can help you feel better about yourself in everything you do. You can take these methods with you when you go to work and when you are at home.

Motivation is the spark everyone needs to make it throughout the day, to set and meet goals, and more. Without motivation you will fail. When you have apathy toward something you are not motivated because you couldn't care either way. This is the worst attitude you can have because it isn't negative either. Someone who feels this way, isn't capable of achieving anything because they don't care if they do or not. If you are feeling this way this e-book is exactly what you need to help you overcome your attitude and begin feeling motivated again.

When you know how to remain motivated with yourself, you can also help others because your attitude will be contagious. When you practice daily motivational techniques eventually they will come to you naturally. At first some of these methods may be difficult for you to do or to remember. It will take time for you to begin to naturally practice and follow these techniques.



## Chapter 2 – Keeping It Simple

When thinking about motivation the first thing you need to do is create your space around you at work and at home. This space needs to remain simple and positive. The things around you have a lot to do with the way you feel and if you will be motivated or stuck in a funk.

Your office space should contain and display items that make you feel positive about life and about reaching goals. If you have goals and things you would like to do it might be a good idea to post these things on the wall of your office or your cubicle. This way you have a constant reminder of the things you would eventually like to do ☺ .

Only you know where you would like to be in the future. You should create your space as a constant and positive reminder that you are working to get there. Create a positive atmosphere around you no matter where you are. This also includes the car you drive. If you spend many hours in the car commuting everyday make it a positive space. This means clean it up. Don't drive around a depressing vehicle that is full of trash and paperwork. Get your car detailed and begin to take care of it. You would be surprised how good you will feel when you clean up your car.

A clean home and clean office space, make a really big deal when you need motivation. If you find yourself sitting on mounds of paperwork you might have the attitude you are never going to complete the things you need done. A messy workspace can be frustrating and depressing. It may cause you to procrastinate and even be disorganized with your thoughts as well as your work.



A messy and dirty home can be depressing and disabling. Many people will sit around procrastinating for hours in a messy home. It is amazing how good a clean home can make you feel. The best thing you can do is clean up your home. You will feel great and ready to take on anything. Get rid of those clothes which have been sitting in the closet for years that you haven't worn once. Clean out the mess in the shed and the garage. Don't just wipe down the counters and do the dishes. Clean house means create a new space that is positive and ready for the new to come into your home. Get rid of all of the old.

The space you spend your time in includes your car, home, and the office space you work in. It has a lot to do with the way you feel and the attitude you have when you wake up in the morning. Clean up the spaces you live in and make a positive atmosphere for you to enjoy and want to have a good day. You will finally see the goals as achievable rather than sit around thinking about them.





## **Chapter 3 – Keeping Good Company**

Hanging out with positive people is one of the best ways to be motivated. You should talk to someone positive at least once a day. Many of the ways you can have a positive encounter with people include in person, over the phone, and over the computer. Try to make this a habit on a daily basis.

Some people are not very social. They might go days without talking to others. This is very unhealthy. If you are one of these people who is not a very social person and find that you don't have many encounters with others you probably also are not too motivated to succeed also. This doesn't mean you have to be a social bug. What this means is that you need to feed your need for positive interaction. You don't have to see the other person either. There are techniques you can practice to encounter others positively without even seeing them in person. How you do these things is up to you, but this is very important.

Keeping good company means hanging out with others who are supportive of you and your goals for life. You want people to support you and believe in you too. If you have goals to be successful with your own gardening company you should hang out with people who are supportive. If you are around people who are negative about your endeavors and unsupportive you will not feel good about it at all. Cut the negativity out. If these people are family members first, you should try to make them positive else it could be the most difficult decision you ever made. However, it will be the best thing you can do for you. If people are not supportive or positive, then cut them out.





The most common way you can have an encounter with someone on a daily basis is to talk to people. You should have regular encounters with positive people. The best way to start your day is to have coffee every morning with a positive person. If you live near your best friend who is a coffee drinker then you can plan to leave for work early every day and have coffee at their house or have them come over. This is an excellent way to start your day and put you in a great mood for work. You will already start the social side of you so when you get to work you won't feel like such a grouch.

If you do not have time in the mornings to meet with someone or any other time of day you should try to find the time to talk to someone on the phone. You might have a best friend you can call and talk to or a family member. Be sure the person is someone that makes you feel good about yourself and life.

If you don't like to talk on the phone and you don't have time to stop by and talk to someone every day, then you might consider the Internet as your best option. Many people use this method as a way to keep good company. When you go online you can join a chat room for just about anything today. There are millions of chat rooms all over the web. Be sure to pick a chat room that is about something you feel good about. For instance, if you have a goal to do something you might join a group with others who are working toward the same goal. This is a very good way to boost your positive attitude and motivate you to work toward that goal. Actually, you are welcome to do that in [ArchiveBestLife.com](http://ArchiveBestLife.com) you can read the article [Tell us Your Goal](#) and start the challenge. Also, we offer a chat service so you can meet other amazing and positive people like you, you don't know how is that? Here is the answer [How to Use Chat Service](#).



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Negativity can almost be infectious in some situations. You want to be sure the people you are talking to are positive. If the person you choose to hang out with is a negative person who is always complaining and who sees the negative side of everything they might not be who you want to help you become motivated. Negativity will only bring you down and cause you to be negative too .





## **Chapter 4 – Continuous Learning**

Learning promotes growth. It is healthy for the brain and you are never too old to learn something new. Every day you should try to learn something new. The best ways to do this is through reading and listening.

If you are often not motivated to begin new projects or to take on new things you should increase your learning. You don't have to be an avid reader and take on novels but you should read. Reading is good for the brain and it is stimulating for the mind. Continuously learning new things will help you become open to take on things you didn't think you could do before.

A morning newspaper is a common way some people like to stimulate their brain. They might like to cuddle up with the paper and their coffee before they begin their long day or even read the newspaper every night before you go to bed. This is an excellent habit to get into.

Reading the newspaper can be difficult for some people. You might not like the newspaper because of the ink or you believe in recycling and you are against the abundance of newspapers being printed. You don't have to read the newspaper. You can read the news online everyday at your computer. You don't have to be on a news site, but you can read anything that interests you. Maybe you would like to learn a new skill. You can go to a site that focuses on this skill and read a little bit every day.



Reading is not the only thing you can do to continually be learning. If you don't have time to read or if you don't like to read there are other ways you can learn. Many people who have long commutes often listen to audio CD's. Some people learn a different language or listen to a novel. There are many different things you can listen to any time of day.

Listening can also extend to your television while you are getting ready for work. You might choose to turn on the news and listen to the news every morning. You can listen to a cooking channel or public radio. You don't have to read if you are not a big reader.

Listening to your friends, family and other people are another important aspect you need to focus on to remain motivated. When you listen to others they will want to be around you because they will know what they say means something to you and you will learn. You will feel good about yourself as you respect others which will build motivation, as we mention, listening is powerful, especially when you are driving to your work at morning, imagine how will be the level of your motivation if there is an expert, an inspirational, leading speaker sitting beside you and start talking about positive things, Yes, You are right. It is an amazing way to maintain and operate at a peak level of inspiration and motivation throughout your day. There are many, but one of the best experts who provides such services is [Josh Hinds](#), he has a very good experience and his service not cost more than a cup of coffee, but the result will be staying motivated whole day especially the package that called "[Why Perfect Timing is a Myth Success](#)" it helps you automatically erase procrastination & fear... and instantly puts you in control of your life.



## **Chapter 5 – The Power of Positive Thinking**

Positive thinking is key to your entire lifestyle. If you want to achieve a goal you must be positive. Positive thinking can be achieved in so many ways and it is what will help you become motivated to do things in your life. If you are negative about achieving a goal you will procrastinate and not want to work toward the goal. There are many ways you can maintain a positive attitude.

### **Focus on the Important Things**

It is very common for people to focus their energy on things that are not important. When your emotional energy is spent on things that are not important, it can be very draining. The first thing you need to do is to be very clear about the things in your life that are important to you. Create a mission and a vision for your life and your goals. These things are important to you. This way, when you become upset about something you can take a step back when you get upset and decide if it really is worth the energy or not. In most cases you will find that you are wasting energy and getting upset about certain circumstances and things that you shouldn't. This can be unhealthy and is very bad. When you are clear about the important things you will maintain a positive attitude and you will not get upset as much.



## **Maintain Good Health**

Motivation also means you must be a healthy person. You cannot have a positive attitude when you don't take care of your body. There are three primary things you need to do in order to create a healthy body. These things include eating right, sleep, and getting plenty of exercise.

Your diet can have a lot to do with the way you feel on a daily basis. A balanced diet can make you feel good every day and positive. If you drink too much soda, you might create a caffeine addiction which causes headaches. This can not only cause a bad attitude because you have a headache, but you also won't be motivated to do anything either.

Eating a balanced and healthy diet means cutting out the fatty foods, the sugars, alcohol, and other things that get you down. A balanced diet can help you lose weight too. Being overweight can be a factor that causes you to be unhappy with yourself and have a negative attitude. The best diet is one full of fruits, vegetables, fish and chicken, and a lot of water. Watch your portion sizes too. If you are consuming the right foods you might just need to cut down on the sizes of portions you eat.

Exercise is also important to have a good attitude. Everyone should exercise on a daily basis. You should take at least 15 minutes of every day to exercise. You don't have to do aerobics or something too strenuous. Walking is the best thing you can do for your body. A brisk 15 minute walk every day will make you feel great and completely change your attitude. This will also make you motivated and create a positive attitude about the directions you can go in your life.



If you are someone who is restricted to a desk for a large portion of your day and you don't think you have time to exercise that is just an excuse. There are desk exercises you can do while you are sitting at your desk. During your lunch hour you might choose to walk around the exterior of the building or even in the hallways of the interior of the building too. The stairs at your walk could create an excellent workout also.

## **Share**

Another thing you can do to create a positive attitude is to give. Giving means not only gifts but your time, attention, and energy. You might give yourself by spending time with people who need it. Spend time with a friend in the hospital or do something to boost someone's attitude. One of the best ways to boost your attitude and feel great is by giving to people.

You might give gifts but you don't have to spend money. It is really simple to take five minutes out of your day to do something nice for someone else. In addition, it is common you will run across situations that are the perfect opportunity for you to step in and help them out. So many times people are stuck on the side of the road with a broken down vehicle and no one stops to help them like they used to. People just drive by and assume the person has a cell phone. Help might mean giving someone the fifty cents they are short at the checkout or assisting the neighbor with building a fence.

We believe in giving and sharing even your thoughts, opinion and stories and you and you can join our community by reading this article [Share us Your Success Stories](#).



### **Get Rid of Unnecessary Items**

If your home is cluttered with things you do not need or that are just taking up space you might consider giving them away. The old saying that 'someone else's junk is another's treasure' really does ring true. You might be so focused on possessions and the things that you own that you really don't enjoy life as you should. Maybe you grew up with nothing which is why possessions are so important to you. One of the best ways to feel good about yourself and give yourself an immediate boost is to give. When you realize those possessions you own and realize they really aren't that important to you and give them away is an excellent boost. You will feel very great about yourself.

### **Look at the Funny Side**

Life is funny. When you see the funny side of life and the humor in things you will have an excellent attitude. You will find the people who have the best attitude often have the best sense of humor. When you have a good sense of humor you will feel great about life and be positive too. A positive mind is someone who sees the good in life and in even the little things. This can also help you create motivation so you can move forward and achieve goals you will set.

If you are someone who tends to be serious at just about everything you might want to take a step back and see the funny side of life. Being too serious can only cause stress and worry. When you are stressful and worried you are also focusing on negative things. Focus on the fun and the positive. In most cases, you might be able to find something funny about most things.





## **Focus on Your Strengths**

Everyone has strengths and they are good at something. You might be one of the millions of people who are working a job that does you no justice. You might have qualifications far and beyond what you are doing everyday. This is a goal you can set for yourself to use your strengths. However, on a daily basis, you can practice the things you enjoy and the things you are good at. If you don't have the time to do these things every day you should put time aside to do these things at least three times a week or even throughout the weekend.

When you focus on things you are good at it makes you feel good. You should have a hobby if you are unable to do these things while you are working every day. If you love arts and crafts or writing you should spend the time doing these things. This can help you become positive. When you focus on strengths and the things you enjoy you will also become motivated to achieve goals focused around these things. This might include entering into a contest or applying for a job.

The best thing you can do for yourself is playing on your strengths. Think about the things that you enjoy doing. Think about the things you are good at. You know you are good at something. You should think about these things and begin to focus on them. Set time aside for yourself to enjoy these things. Don't think of something you are good at that you despise. Be sure you focus on something that makes you feel good. If you are not good at this task, it is still okay. You can be the worst painter, but if it makes you feel good and positive then you should continue. Pay no attention to any negativity that comes your way during this time also.

One last point, when you choose things to do that make you feel good about yourself, be sure these things are healthy for you. If you feel

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