

Motivation Ain't A One Time Deal

In this article, I'm going to reveal to you how to stay consistently motivated, every day, for the rest of your life.

Here's how – to consistently stay motivated, you've got to continually feed your mind full of positive, motivational material.

Now let me tell you that I learned this lesson the hard way. I fell into the trap of believing my own PR. What happened, after I sold a boatload of copies of my book "Unstoppable Confidence", I got a swelled head and thought I was truly a hotshot.

In some crazed way, I think I had deluded myself into thinking that I then knew it all! So I eased up on feeding my mind with positive, motivational material. And therefore, my motivation plunged. My business suffered. My attitude soured.

To top it off, I felt like this biggest hypocrite in the world whenever I had a negative attitude...because here I was promoting a "positive-attitude" type book.

I felt even worse.

Something I've always believed is that we're always either getting better or getting worse. And I was definitely on the downward spiral. What was going wrong?

The challenge I had was that I wasn't stuffing my mind full of positive information. Has this ever happened to you?

This story does have a fairytale ending, though. As soon as I discovered that my mind was starving from a lack of positive, motivational material, I soon began heaping serving upon serving of positive material into my mind. And alas, I returned to my positive self.

So what can you learn from my dark tale of the temporary tailspin into negativity? Feed your mind constantly with positive, self-improvement information. It's really the best thing that you can do for yourself.

But wait, there's more to this article. There's something like an all-you-can-eat buffet for your mind. Plus, it's FREE. That place is none other than your local, public library. Get thee to the library and check out some success audios! Then listen to them.

Become a regular there so that the librarian Marge with the pink librarian sweater knows you by name and has the latest and greatest course lined up for you to check out as soon as it becomes available.

Short of that, read some FREE articles on websites. This website is a good start. Plus, there's a lot more great self-help websites with FREE information to feed your mind too.

All in all, motivation is a constant, never-ending habit. You can't go to the gym one time to build a phenomenal physique. You can't go on a diet one day to get results. You can't just motivate yourself one day and that's it.

Anyway, enough advice. Now, it's time for a joke. Or rather an amusing quote.

"I ran my motivational tapes backwards and became a failure".

This is Kent Sayre reminding you to always run your motivational tapes often!

Oh yeah, be sure to run them forward! You are unstoppable!