

Don't we all have an intrinsic need to be connected? To belong?

An 80-year-old Harvard study proves this point - our well-being is 100% connected to belonging.

To connect to our own inner motivation, it's critical to be a part of the village.

The belonging helps your focus and the "part of" creates a bond - a sisterhood.

BUT - to find our motivation, even within the community, boils down to these ten factors:

1. Knowing exactly what you want - your own Hot Desire. Be compelled by being REPELLED by the idea of not showing up for your Hot Desire. Hot desire = FIRE!

2. Being data-driven guides you just like the speed limit on the road. Get your numbers - weigh, measure, and set up your hydration station. (Do you know how much water you should be drinking each day, based on your weight? If not, sign up for the next Hydration Webinar!)

3. Motivation, or a lack thereof, is a sucker for physiology. Motivation loves a High Vibe Tribe. Look the part - stand up straight, shoulders back, Wonder Woman pose - breathe!

The motion is in the lotion -

- Posture
- Clapping (Closing the kitchen)
- Victory pose (like Wonder Woman)
- Dancing like no one is watching
- Singing at the top of your lungs

Do --> Get --> MOTIVATE (and be happy!)

4. Stop saying things like "I need to get motivated...I just can't...blah blah blah..."

You are AFFIRMING exactly what you don't want. Your brain is listening and HELPING you be defeated, and you say "See, I told you! I just can't get motivated!"

This is the grim circle and recycling of toxic thinking.

Instead, think something else. Use positive, declarative I AM statements to flip your thinking.

I AM CRUSHING MY GOALS TODAY!

5. Shoot for the moon (and the stars). Challenge yourself - go high! When we limit ourselves, we limit our motivation. Be EXCITED about your goal and stretch to reach it. Uninspiring goals KILL motivation.

6. More action, less talk on why you can't.

- Feeling overwhelmed? Analyze your goals - what is in the way?
- Remind yourself of your Hot Desire - write it out daily and figure out WHY you want it. (Use the WHY Framework to find your answer.)
- Add accountability.

7. Do it in the morning OR as early as possible. From my experience, frog-eating is better earlier in the day. :-)

8. Chunk down one thing into several manageable pieces. I do this with my workout, for example. Instead of one long session, I will split it up throughout the day.

9. Be specific: general is blech; specific is fire.

10. Habits are cake and motivation is the frosting. Habituate as much as possible instead of having to motivate yourself to do it. It's just something that needs to get done, so do it! Don't procrastinate; don't wait. Motivation comes AFTER action.

Connect the dots on motivation - these 10 powerful needle movers will make a huge difference!!