

The research tells us - YES mindfulness has been researched! - that there are three mindful practices:

1. Pay attention - don't allow life to pass you by.
2. Live in the moment - BE fully present, listen, and enjoy it.
3. Accept yourself - treat yourself as a treasured friend.

These three things will begin to open us up to becoming and being mindful.

Motivation is a driving force for action, willingness, and goals.

The dictionary defines motivation as the reason or reasons for acting or behaving in a certain way; or a general desire or willingness to do something."

We can fully create motivation (it doesn't just happen!) by FOCUS.

Motivation begins with mindfulness, but it is fed by our biology, emotion, social pressure and our knowing. Motivation is an extremely powerful force, and true motivation leads to action. It pushes toward a higher purpose and becomes our True North.

This is the ultimate Alignment Assignment. Motivation is a self-generated thing and wildly differs from willpower.

Motivation is positive, inspirational, and exciting. It leads to self-discipline, consistency, and inner wisdom.

Willpower, on the other hand, is negative, demotivating and boring. It leads to short-term focus, demands perfection and often leaves us disappointed.

Motivation needs a support system:

- An intentional environment (your environment sets you up for success!)
- A journal
- A meditation practice

Living in consistent mindfulness is motivating, and it helps us in our Alignment Assignment; experiencing vibrancy, finding our True North and truly feeling good about life!