
A silhouette of a person jumping joyfully in a field at sunset. The person's arms are raised, and their hair is flying. The background is a warm, golden sky with soft clouds. The overall mood is one of freedom and achievement.

YOUR **MOTIVATION** MAKEOVER

YOUR PATH TO PEAK MOTIVATION
AND SUCCESS IN FOUR WEEKS

YOUR MOTIVATION MAKEOVER ©

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COURSE INTRODUCTION



Welcome to **Your Motivational Makeover: The Path to Peak Motivation and Success in Just Four Weeks**. It gives you the tools to create a motivating environment for personal fulfillment and professional achievements.

This course teaches you techniques for getting more out of life by maximizing your motivation.

It provides proven methods for creating on-demand motivation so you always have the mental and emotional energy you need to accomplish personal and professional goals.

In **Module 1: Understanding Motivation**, you learn two types of motivation: intrinsic and extrinsic. Your actions are either inspired by personal reasons or

external rewards. Your beliefs and desires generate intrinsic motivation. You have personal reasons for achieving specific goals.

You may also be motivated by benefits or compensation you earn by completing tasks or activities. You are encouraged to achieve goals in return for what you will receive upon their completion. We also explore how motivation drives your behaviors. You learn to identify the critical personal motivators that influence your actions.

During **Module 2: Creating a Motivational Environment**, you discover how different aspects of your environment can positively or negatively affect your level of motivation. This is important to understand because all you need to do to move forward in pursuit of your goals is to create the right environment.

Most people think of their environment as a physical aspect of their experience. While this is true, your social and mental environments also influence your productivity and the results you create daily.

Your drive to pursue goals and handle your daily responsibilities depends on your mindset. Think about the times when you were upbeat. You accomplished a lot more than on days when you had a negative mindset.

During **Module 3: Instant Motivation Techniques**, we'll share some methods for ramping up your motivation and positively changing your mindset quickly.

You learn physical activities that give you more energy. Regular exercise triggers processes in your body that boost your motivation and outlook through the production of certain chemicals and hormones. We also show you how to identify and harness personal triggers that produce instant motivation.

In the final module, **Module 4: Sustaining Motivational Momentum**, you will discover the symbiotic nature of motivation and goals. You learn to use goals to give you a sense of purpose and keep you motivated. You can flip the script and

use the information in this course to develop the motivation you need to achieve your goals.

We will show you how to stay motivated after you experience failure and setbacks and the role personal growth plays in keeping your motivation high. Part of this process is lifelong learning, a proven practice for greeting each day with purpose and drive.

The best part is that each lesson includes seven daily exercises. By completing just one exercise a day, you can become a super-motivated version of your best self in just four weeks.

Motivation provides direction and purpose. Generating on-demand drive and energy begins with understanding extrinsic and intrinsic motivation.

Let's get right into it...

