

# ENERGIZE your LIFE! *10 Fast-Track Secrets to Motivating Yourself to Action and Building a Better Life NOW!*

By Kathy McAfee, America's Marketing Motivator

## THE ULTIMATE RESOURCE

ENERGY

Energy: a resource more precious than money or fossil fuel. More essential than coffee or technology to conducting our daily lives, *emotional energy* is the fuel that pumps us up and drives our attitude and outlook on life. Without a sufficient and renewable source of emotional energy, we quickly run out of gas and lose spirit for living life at its best. We become “human doings” rather than “human beings.” We get stuck, focused on merely surviving and getting through the day. *That's simply not good enough!*



It's time to energize your life and start building a better life for yourself and those around you. If you desire to thrive, not just survive, then you must energize and motivate yourself to action now. More stimulating than 10 cups of coffee, these 10 Fast-Track Secrets will help you to become your own Full Motivator.

*Thrive...don't just survive!*

### 1. CLEAR YOUR FEAR

Fear is a powerful force. It can move in and become part of your daily navigational system, if you allow it. It can keep you stuck and timid, paralyzing you from taking future chances on new things that could bring greater joy and success to your life.

The first step in moving forward with your life is to *clear your fear fast*. Whether it's making cold calls, going out on blind dates, or changing jobs, it's time to deal with the fears that are currently holding you back.

Working with a trained professional like Mark Shepard, The Courage Coach and NLP Rapid Change Specialist, can help you deal with it and put all that worry, anxiety, and panic behind you once and for all. For more info, visit the Web Site [www.ClearTheFearFast.com](http://www.ClearTheFearFast.com).

### 2. FOCUS ON WHAT YOU WANT

There are two basic motivational forces – *pleasure* and *pain*. We either move away from what we don't want (*pain*) or we move towards what we do want (*pleasure*). Both are very powerful and motivating, but the *Move-Towards* strategy is more sustainable and will eventually get you where you want to be.

The first secret to changing your orientation from a *Move-Away-From* to a *Move-Towards* strategy is to change your language patterns. Because your unconscious mind cannot process a negative, it disregards words like *don't* and *not*. You must consciously change how to talk to yourself, both internally and externally, and speak only of what you want to happen in your life.

### *The 10 Fast-Track Secrets to Motivating Yourself to Action*

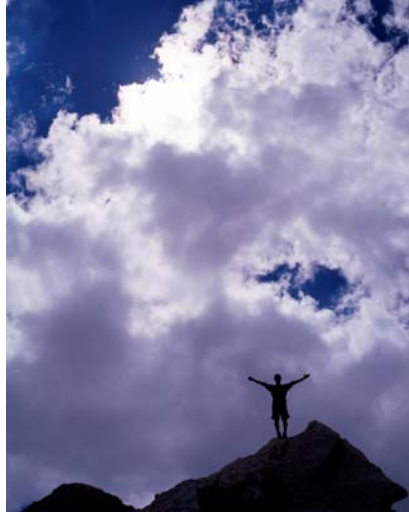
1. Clear Your Fear
2. Focus on What You Want
3. Honor Your Big Rocks
4. Play to Your Strengths
5. Reinvent Yourself Daily
6. Get Connected
7. Give Back
8. Be Daring
9. Take Action
10. Laugh!

***Call upon the deep resources you always had inside you.\****

### 3. HONOR YOUR BIG ROCKS

To make every day fulfilling, you must practice *extreme self-care*; that is, taking care of *your* most essential needs for energy and happiness every day. It's about prioritizing yourself first and ensuring that you get what you need to create energy and happiness for yourself. Every day.

These are your Big Rocks. They can be simple things like getting eight hours of quality sleep every night and eating a healthy breakfast and lunch every day.



Get in touch with your Big Rocks, the essential physical and emotional needs that you must fulfill every single day in order to have a happy, successful day.

For the next 28 days, practice honoring your Big Rocks until this new *extreme self-care* habit is formed.

The people in your life will thank you for it.

***Focus in on who you truly are.  
Stop trying to be everything to everyone.\****

### 4. PLAY TO YOUR STRENGTHS

Each of us has unique talents, individual style and special knowledge and ability. However, most of us spend the majority of our time and energy focusing on what needs improvement, rather than putting our strengths into play. Try writing down and speaking out loud at least 20 of your personal assets. These are the traits and gifts that you have been blessed with. Ask others that you know to add to your list. (To download a free template of the Play to Your Strengths worksheet, visit [www.MarketingMotivator.net](http://www.MarketingMotivator.net) - FREE STUFF page.)

### 5. REINVENT YOURSELF DAILY

Actively seek out change. Embrace it. Look for the gifts and opportunity in it. Change is how we grow. It's how we move forward in our personal and professional lives.

So, why not develop a friendlier attitude about change? *Maybe it's time to reinvent yourself.*

***Aim high for one specific star.\****

### 6. GET CONNECTED

The truth is, you need people, and people need you. Getting connected and embracing a *networking for life* strategy is good for your career, your personal life, and your health. Don't allow yourself to become isolated and lonely. Make new connections, especially with positive, motivated people. It's a great way to ensure that you have a continuous and renewable supply of emotional energy.

***Motivation: it's 10,000 steps in the right direction.\****

**7. GIVE BACK** If you're open to manifesting more good in your life, then it's time you start giving back to others. Seek to live a *Life of Significance and Success*. Volunteer your time, your talent, and your treasury to worthy causes.

Create a value chain that is bigger than you. Join and actively involve yourself in non-profit service organizations whose mission you are passionate about. Yes! Raise your hand and get involved. It will create more energy in your life and bring you meaningful new relationships.

**8. BE DARING** Take a chance. Risk failure and foolishness. This is how you will stretch yourself and grow forward. If you haven't written your *Before I Die List*, then do it now. It feels good to do something that you've been talking about for years. Dare to do it!

A great volunteer service organization for professional, business, and community-minded women is Soroptimist International of the Americas.

Their mission is to improve the lives of women and girls in our local communities and around the world.

Learn more by visiting [www.Soroptimist.org](http://www.Soroptimist.org)



**9. TAKE ACTION** If you want to create energy in your life and move it forward, action is required. Don't wait for perfection. Make a decision. Start and finish a new project. Test out a new idea. While I'm not suggesting that you busy yourself with all sorts of activities, I am suggesting that you select something important and get it done. No more procrastination. No more excuses. Take action and increase the energy in your life right now.

***Concentrated inspiration put into action.\****



**10. LAUGH** Medical science has recently recognized that laughter is a powerful antidote to many ills. Doctors are now prescribing laughter therapy to patients with serious disorders.

Sound silly? Why not give it a try. Beats the heck out of taking a pill or years of *talk therapy*. Start laughing today and see how much more energy you have in your daily life.

***Laugh. Long. Loud and Out-Loud!***

\*Lyrics from original song *Motivation*, ©2007 Mark Shepard

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Inside...

The 10 Fast -Track Secrets  
to Motivating Yourself to  
Action!

The future is always **greener** when you're motivated!

## **Are You Motivated?**

**Kathy McAfee is America's Marketing Motivator** and president of Kmc Brand Innovation, LLC, an executive presentation coaching and consulting company specializing in driving growth through innovation and motivation.

Her company helps motivated business professionals become the recognized leaders in their field by leveraging speaking, presenting, networking, and personal branding to advance careers and businesses.

In her role as executive presentation coach and professional speaker, she applies her expertise in communications and unconventional marketing to motivate audiences to action.

Learn more at [www.MarketingMotivator.net](http://www.MarketingMotivator.net) or call

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