

MOTIVATING YOURSELF AND TAKING CONTROL OF YOUR EMOTIONS

HOW TO MOTIVATE YOURSELF:

Pain and Pleasure - There are only two things that motivate people, and that is Pain and Pleasure. Thus every action I (they) take is either moving me (or them) away from pain or towards pleasure. To motivate myself I must Observe and Act on what I have linked pain or pleasure to. And to motivate or change, I must either decide and act on - how changing it will bring me measurable and immediate pleasure or how not changing my behavior will be more painful than changing it. I am in control of my focus, my mind & body.

Thank you, Lord, for the self-control in what I link pain and pleasure to so they always work for me, not against me. I link massive, great emotional pleasure to everything that is good for me and in my Divine Plan, and thus immediately embrace, attract and take action on everything good for me. I link massive, great emotional pain to everything that is bad for me and not in my Divine Plan and thus immediately reject, release, and let go of anything and everything that is not good for me. I control what I link pain and pleasure to, and all my actions are based on receiving the greatest pleasure. Emotional Pain does not motivate me except to repel me against all things that are bad for me. I take the right action at the right time, under grace, based upon getting the greatest pleasure from it, not to avoid pain. I am pro-active and preventive in my nature, words and actions.

PROCESS OF MAKING A DECISION, ACTING ON IT AND KEEPING IT:

GTE-P51 - Harness The Power of Decision - 1) Be Clear on knowing the outcome. 2) Get myself to take action by deciding to do so. 3) Notice what I am getting from my actions - i.e., am I getting closer or further from my goal. 4) If getting further (not working), change my approach - try something else that will work. 5) Repeat 1-4 until I succeed in maintaining a new healthy habit or attained a specific goal.

YOUR EMOTIONS - UNDERSTANDING THEM AND MAKING THEM WORK FOR NOT AGAINST YOU!

HOW TO CHANGE ANY EMOTION TO SOMETHING BETTER

GTE-P7 - 3 Patterns to Create Any Emotion. Change my: 1) physiology- breath, stand tall, smile - ask what am I doing with my body right now? 2) focus & belief - what I focus on becomes belief and then my reality so ask what am I focusing on or believing right now? 3) language. What am I saying to myself right now? Affirmations with emotional intensity = my reality.

THE TEN EMOTIONS OF POWER - THIS IS WHERE YOU WANT TO BE EVERY MINUTE

GTE-P34 - The 10 Emotions of Power - The best way to get myself to do something is to put myself in an emotional state where that behavior becomes automatic. Therefore, every day I plant these 10 emotions in my life and watch the seeds of pleasure and greatness in my life: **Love and Warmth, Appreciation and Gratitude, Curiosity, Excitement and Passion, Determination, Flexibility, Confidence, Cheerfulness (face shows it), Vitality (Healthy and Alive), and Contribution (Add to other's lives)**. Because I live, other's lives are better.