

Pink For Peace Archive Of Blog Tools This is a basic guide I use to write more effective content for my motivational pink for peace blog. I will continue to add to this as I find more useful tools

If you happen to find this file please feel free to use it yourself.

Steps for writing an effective blog post

1. Step 1: Understand your audience. ...
2. Step 2: Start with a topic and working title. ...
3. Step 3: Write an intro (and make it captivating). ...
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6. Step 7: Insert a call-to-action (CTA) at the end. ...
7. Step 8: Optimize for on-page SEO.

Keywords For effective Sales Ads

Emotional State: Curiosity (when you want them to be gripped by an unshakable desire to click and read more):

Secret

Confidential

Controversial

Underground
What no one tells you
Have you heard
Cover-up
Forbidden
Banned
Behind the Scenes
Secret agenda
Secret plot
Insider
Off-the record
Blacklisted
Censored
Concealed
Confessions
Unbelievable
Covert
No one talks about
Hidden
underground
Insider's Scoop
Intel

<http://pinkforpeace.org> Emotional State: Urgency (If you want then to take action now now now):

Magical
Instantly
Missing Out

Left behind
Magnificent
Miracle
Most Important
Profitable
Proven
Quick
Remarkable
Results
Revolutionary
Safe
Save
Sensational
Should
Startling
Strongly agree/ recommend
Strongly suggest
Superb
Superior
Tremendous
Truly
Trustworthy
Urge
Worthwhile
Deadline
Limited
Seize

bargain

Discount

Explode

Extra

Fortune

Freebie

Jackpot

Reduced

Instant Savings

Skyrocket

Immediately

Imminently Emotional State: Confusion and

Helplessness (Especially useful when questioning Status Quo, making them realize what they are missing out or "us vs them" style content)

doubtful

uncertain

indecisive

perplexed

embarrassed

hesitant

disillusioned

distrustful

misgiving

unsure

tense

stressed

uncomfortable
dishonest
disdainful
manipulative
judgmental
argumentative
authoritative
condescending
distracted
disoriented
off-kilter
frenzied
blushing
awkward
incapable
paralyzed
fatigued
inferior
vulnerable
distressed
pathetic
distraught
doomed
overwhelmed
incompetent
incapacitated
trapped

squirming
jittery
woozy
twitching
compulsive
uncaring
uninterested
unresponsive
terrified
suspicious
anxious
alarmed
panicked
threatened
cowardly
insecure

Deceived Helplessness

Disempowered

Emotional State: Anger (This is a high physiological arousal emotional state that can help drive a number of actions such as getting support for a cause or sharing content because of the sheer outrage felt)

Ordeal

Outrageousness

Provoke

Repulsive

Scandal

Severe
Shameful
Shocking
Terrible
Tragic
Unreliable
Unstable
Wicked
Aggravate
Agony
Appalled
Atrocious
Corrupting
Damaging
Deplorable
Disadvantages
Disastrous
Disgusted
Dreadful
Eliminate
Harmful
Harsh
Inconsiderate
enraged
offensive
aggressive
frustrated

controlling
resentful
malicious
infuriated
critical
violent
vindictive
sadistic
spiteful
furious
agitated
antagonistic
repulsed
quarrelsome
venomous
rebellious
exasperated
impatient
contrary
condemning
seething
scornful
sarcastic
poisonous
jealous
ticked off
revengeful

retaliating
reprimanding
powerless
despicable
self-hating
desperate
alienated
pessimistic
dejected
vilified
unjustified
violated

Emotional State: Safe and Satisfied (Great for Sales Pages when you want people to feel secure in their choice)

Accurate
instantly
Advantage
Always
A cut above
Bargain
Certain
Certainly
Confident
Convenient
Definitely
Delighted

Easy
Ecstatic
Effective
Emphasize
Extremely
Freedom
Guaranteed
Highly effective/ likely
Introducing
First ever
Investment
conscientious
approving
honored
privileged
adaptable
relaxed
Astonishing
Astounded
assured
fulfilled
genuine
authentic
self-sufficient
reliable
sure
secure

stable
honest
truthful
supportive
excellent
responsible
solid
trusting
supported
Absolutely
Bargain
clarity
transparency
humility

Emotional State: Happy and Alive (Health based products or services):

blissful
joyous
delighted
overjoyed
gleeful
thankful
festive
ecstatic
satisfied
cheerful
sunny

elated
jubilant
jovial
fun-loving
lighthearted
glorious
innocent
child-like
gratified
euphoric
on top of the
world
playful
courageous
energetic
liberated
optimistic
frisky
animated
spirited
thrilled
wonderful
funny
intelligent
exhilarated
spunky
youthful

vigorous
tickled
creative
constructive
helpful
resourceful
at ease
comfortable
pleased
encouraged
surprised
content
serene
bright
blessed
Vibrant
Bountiful
Glowing

Emotional State: Inspired (as part of content that is meant to inspire and make them feel like they are capable and in charge)

motivated
eager
keen
earnest
inspired
enthusiastic

bold
brave
daring
hopeful
upbeat
assured
clear
balanced
fine
okay
grateful
carefree
adequate
fulfilled
genuine
authentic
forgiving
sincere
uplifted
unburdened
confident
self-sufficient
reliable
sure
unique
dynamic
tenacious

cooperative
productive
exuberant
in the zone
responsive
conscientious
approving
honored
privileged
adaptable
Empowered
Focused
Capable

Emotional State: Relaxed and Peaceful (Products or services that offer mental peace and relaxation):

calm
at ease
comfortable
content
quiet
certain
relaxed
serene
bright
blessed
balanced
grateful

carefree
fulfilled
genuine
authentic
forgiving
sincere
uplifted
unburdened
confident
self-sufficient
glowing
radiant
beaming
reflective
smiling
grounded
unhurried
open-minded
efficient
non-controlling
unassuming
trusting
supported
fluid
light
spontaneous
aware

healthy
meditative
still
rested
waiting
laughing
graceful
natural
steady
centered
placid
Clear
Stoic
Aligned

<http://Pinkforpeace.org>

Hashtags To Inspire action, motivation in Instagram, Twitter, Facebook, Tumblr, ello

#mtl #fitmotivation #fitlifestyle #abs #fitlife #fitfam
#shredded #flex #nevergiveup #laval #fotmotivation
#gymlife #fitspo #fitnessaddict #beastmode #???
#gsoul #?? #??? #?? #???? #model #musclemania
#wbff #fit #fitness #fitspiration #fitnessmodel
#fitnesslife #fitguys

#physique #mensphysique #daily #sixpack #health
#instalike #instadaily #sixpackwe #cardiodance
#studiob #therope #dance #workoutmotivation
#workout #cardioworkout #pride #shooting #????

#inspire #fighter #workhard #beunique #dabeiizalles
#mercato #me #girl #beautiful #canon6d
#cambodia #caldo

#lunch #asia #buongiorno #cambogia #fitfood
#training #brunette #healthy #instahealth
#healthychoices #oriente #diet #eatclean #exercise
#like4like #bodybuilding #gym #healty #slovakia
#progress #superstar #inspirationalquotes
#motivationquotes #motivationalquotes #motivación
#formula1 #formulaone #f1 2016 #letsdothis
#neverlosefaith

#wewinandlosetogether #teamlh #brazilgp
#foreverinmyheart #ayrtonsenna #2017 #f1 2017
#nice #nicorosberg #respect #lewishamilton
#supercars #likeforlike #productivity #businessowner
#hustle #positivity #worksmart #entrepreneur
#success #ambition #business #seizetheday

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#grind #running #balance #works simply
#quoteoftheday #soulpreneur #qotd
#boss #worksmarternotharder #busy #spirit #busyness
#locusofcontrol #psychology #winner
#personaldevelopment #noexcuses
#takechargeofyourlife #weightloss #gettoned
#bodytransformation #weightlossuk #swuk
#slimmingworld #jerf #whyafter #gymmotivation
#gymfit #gymshark #poser #indoorcourt

#practiceandalliscoming #practice #cardio
#leanbody #menphysique #naturalbodybuilding
#menhealth #menfashion #fashion #stylist
#menwithstyle #tennis #trainingday #tennislife
#tennislover #tennisplayer #nike #nikecourt
#niketennis #core #pike #rower #pilates #reformer
#pt #personaltrainer #results #conditioning #strenght
#agility #flexibility #motion #movement #alignment
#martialarts #pushups
#teamaceto #psychofitness #love #london
#newyork #nail #fitnessbody #body #sex #pink #
<http://Pinkforpeace.org> #pinkforpeace #girls #kiss
#instamood #instagram #insta #baby
#fitnessmotivation #motivation #humpday
#montrealfitness #summertraining #workoutflow
#shirtlessguys #inspiration #bodypositivity #514
#lifestyle #gettingfit #montreal #fitstagram #peace
#quotesoftheday #sayings #feelings
#survivinginsilence #quotestosee #quotejunkie
#quotelife #poetry #poetsofinstagram #thoughts
#thinking #expression #followme #newaccount #fear
#strength #vindiesel #dedication #elonmusk #zuck
#time #path #dream #goal #sucess
#successfulquotes #inspiring #motivationalpage
#inspirationalpage #followforfollow

21 Words That Can Change Your Life

Motivation is life changing. Your life is changing every

day. It is either changing for the better or it is slowly changing for the worse. Motivation is derived from the verb "motivate," which means "move." Motivation is the burning desire that compels you to take action. It is so deeply intertwined with what you believe to be true and right in life that it moves you from a simple desire to a moment of decision. Have you ever watched a working dog? There only motivation is you. What is your motivation?

In 2006 I wrote, "Change happens in an instant. It happens the moment you decide to change."

You are going to be different tomorrow. Stop feeling stuck. When you decide to be different you will find motivation seeping into to thoughts and into your actions. Motivation causes you to take action, it becomes an inner drive fueling you forward.

We all believe something. When was the last time you asked yourself, "What do I believe?" What role does faith play in my life? Why was I placed on this earth? What is my purpose in life?"

Remembering that motivation is a verb meaning to "move" or take "action". Family, friends, co-workers and the people all around us are key motivators for how we act. Surround yourself with great people and you will surround yourself with great motivation.

Goals.

It should be no surprise that goals motivate us and

inspire us. The most powerful goals are self-directed goals. Self-directed internal goals. They include understanding your priorities and purpose in life, knowing what you believe to be most important and using those goals as a daily guide for how you will choose to live your life.

New.

Choosing to learn something new every day will give you a reason to grow and change. This could be something as simple as driving to work via a different route or signing up for guitar lessons.

Challenge.

Challenges are frequently seen as some sort of contest like the final four during March Madness. Challenges draw out the best in us. A simple challenge might be to decide to go to bed fifteen minutes earlier for thirty days to see if it improved your daily productivity.

Truth.

Truth does not waver. Something either is true or it is not. Truth provides a firm foundation to stand on. Truth strengthens, encourages, and will guide you correctly.

Determination.

You've met them. Those rare individuals who are determined to continue regardless of how difficult the circumstances. Determination literally means you are willing to put a "stake" in the ground. It is not a casual choice. There are very few things humans will

determine to mark as permanent placeholders for their beliefs.

Laughter.

Laughter heals the soul. Why is it that children laugh hundreds of times a day and adults laugh only _____ times. Laughter occurs when something unexpected happens that causes your brain to emit a signal to your lungs to expel short burst of air causing you to make audible noises that are a signal of joy all across the world.

Perseverance.

Perseverance reminds me of a road or a bridge – a specific course or path we all walk down. When you feel hopeless and lost, that is when perseverance counts the most. Perseverance is consciously choosing to stay on your path even in the midst of incredible difficulties.

Freedom.

Having a sense of control or autonomy over your time and your actions is a powerful motivator. Freedom liberates you to dream and imagine and create. Freedom of stress is one of the most sought after psychological goals.

Tenacity.

Tenacity is a word originating with the meaning of adhesiveness. There are frequent times you will find you need to “stick together”. Tenacity never gives up.

It never lets go. Willpower lives in the core of your being. Willpower moves you, motivates you and causes you to take action for good or for bad. This inner drive is the control center for many of the decisions you will choose to make moment to moment.

Faithful.

Faithfulness is a rare quality in today's world. It is choosing to remain reliable, trusted and constant. It carries a sense of attachment and devotion to people, causes, organizations and beliefs. Faithfulness is a foundational motivator.

Endurance.

This word literally means to have the ability to endure suffering over long periods of time. Grit is stone broken down, but it is still stone. It speaks to the indomitable toughness it can take to push through life's most difficult trials. Endurance when accepted can build character, patience, wisdom, empathy and compassion.

Novel.

Novelty is also one of the most unexpected motivators. When you experience something for the very first time or you see something you have never seen before you may find yourself swept away with emotion. The birth of a child. An unexpected gift. A surprise ending to a difficult moment in life.

Tragedy.

Life is full of heartache and indescribable pain. War,

illness, death, divorce, financial problems, and injustice. Tragedy regardless of the pain is full of opportunities to learn and grow and find renewal and hope. Tragedy shows you are never alone.

Learning.

Any gap in understanding will motivate you to want to fill that knowledge gap. If you want to know more about leadership – read books by great leaders. To learn how to train a dog – hire a dog trainer and take lessons. The incremental acquirement of new knowledge becomes a self-motivating driver.

Anticipation.

The act of looking forward to something important happening in your life. When you are just given a glimpse of a future success or opportunity the anticipation releases an incredibly powerful chemical called dopamine into your system. Everything you have ever wanted in your life you were first motivated to strive for attaining it because you anticipated the feeling of importance it would mean to you.

Dopamine is the brain chemical of anticipation.

Courage.

Lt. Col. (retired) Dave Grossman shared a single quote of where the bravery of being an Army Ranger came from for him. He said, "Courage is just being willing to take one more step." Sometimes the only motivation you need is to take just one more step.

Hope.

When used as a noun hope only a feeling, but when used as a verb hope becomes the focal point of your motivation. Sometimes in life all you have is hope. And, in those moments hope will be more than enough.

Time.

Time is not merely a framework for how the minutes, hours and days pass by – each day is like having a blank canvas sitting in an art room filled with unlimited options. Improving your motivation through improving your time management will require you to reduce the number of choices you have to let into your life. You will find simplicity and peace in narrowing your focus and increasing your energy and attention only on accomplishing the tasks that bring motivation and meaning in your life.

Love.

The foundation of life is love.. There is no way to create a life of meaning without love. There is no motivation, no reason to move or change or engage in life without love. The foundation of motivation is love.

And, Three That Might Surprise You

Brain.

The prefrontal cortex is the thinking part of the brain. This is where life happens! In this space just behind your forehead, ideas are created, thoughts are pondered,

imagination grows (or dies), judgments are made. This part of the brain is highly specialized in humans; this is where you define meaning, plan for the future, and imagine. Your values, priorities, purpose, goals, drive, learning, love, and hope all live here. Motivation is a decision.

Attention.

You experience the depths of motivation when your attention focused so intently on completing a task or a project or a hobby that challenges you to such a point that time stands still. When you are in that moment – swept away from stress and worry – concentrating with full attention – you don't need motivation – you are experiencing motivation. At that moment you are motivated. You are in the process of taking action. And, in those amazing moments you realize the life-changing power of motivation. You understand the difference between existing and thriving. And, in that moment – life oozes out of you. And, motivation is contagious.

Time Management.

Your personal time management skills affect the levels of motivation you experience in life. Dr. JoAnn Dahlkoetter is a sports psychology expert and coach to Olympic athletes, as well as being a world-class athlete in her own right. She says, "It starts with a dream; motivation comes from within. It has to be an inner

desire, an inner fire, a willingness to achieve something you are passionate about.”

Far too many people only focus on the hard parts of life that motivation can guide us through. By improving your time management you can create daily blocks of time to focus your time and attention on the part's of life that motivate you.

Action Steps:

Time Management Tips to Live with More Motivation

Assess your current schedule

Determine which activities motivate you and which activities drain you of energy

Take time to think about what you really want out of life (preferably away from work or home)

Clarify what you want in life by writing down personal or professional goals

Create a plan of action – prioritize or sequence the individual action steps you need to take to accomplish your new goals

Use a pen and paper to schedule when you will take these actions.

Then take action.

Remember “motivation” comes from the word “motive” which means to “move” – or to take “action.”

“The secret to motivation is purposeful action.”

~ Allyson Lewis

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infuriated

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vindictive
sadistic
spiteful
furious
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repulsed
quarrelsome
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festive
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satisfied
cheerful
sunny
elated
jubilant
jovial
fun-loving

lighthearted
glorious
innocent
child-like
gratified
euphoric
on top of the
world
playful
courageous
energetic
liberated
optimistic
frisky
animated
spirited
thrilled
wonderful
funny
intelligent
exhilarated
spunky
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glowing
radiant
beaming
reflective
smiling
grounded
unhurried
open-minded
efficient
non-controlling
unassuming
trusting
supported
fluid
light
spontaneous
aware
healthy
meditative
still
rested

waiting
laughing
graceful
natural
steady
centered
placid
Clear
Stoic
Aligned

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#studiob #therope #dance #workoutmotivation
#workout #cardioworkout #pride #shooting #????
#inspire #fighter #workhard #beunique #dabeiizalles
#mercato #me #girl #beautiful #canon6d
#cambodia #caldo
#lunch #asia #buongiorno #cambogia #fitfood

#training #brunette #healthy #instahealth
#healthychoices #oriente #diet #eatclean #exercise
#like4like #bodybuilding #gym #healty #slovakia
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#foreverinmyheart #ayrtonsenna #2017 #f12017
#nice #nicorosberg #respect #lewishamilton
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#practiceandalliscoming #practice #cardio
#leanbody #menphysique #naturalbodybuilding
#menhealth #menfashion #fashion #stylist
#menwithstyle #tennis #trainingday #tennislife

#tennislover #tennisplayer #nike #nikecourt
#niketennis #core #pike #rower #pilates #reformer
#pt #personaltrainer #results #conditioning #strenght
#agility #flexibility #motion #movement #alignment
#martialarts #pushups
#teamaceto #psychofitness #love #london
#newyork #nail #fitnessbody #body #sex #pink #
<http://Pinkforpeace.org> #pinkforpeace #girls #kiss
#instamood #instagram #insta #baby
#fitnessmotivation #motivation #humpday
#montrealfitness #summertraining #workoutflow
#shirtlessguys #inspiration #bodypositivity #514
#lifestyle #gettingfit #montreal #fitstagram #peace
#quotesoftheday #sayings #feelings
#survivinginsilence #quotestosee #quotejunkie
#quotelife #poetry #poetsofinstagram #thoughts
#thinking #expression #followme #newaccount #fear
#strength #vindiesel #dedication #elonmusk #zuck
#time #path #dream #goal #sucess
#successfulquotes #inspiring #motivationalpage
#inspirationalpage #followforfollow

21 Words That Can Change Your Life

Motivation is life changing. Your life is changing every day. It is either changing for the better or it is slowly changing for the worse. Motivation is derived from the verb "motivate," which means "move." Motivation is the burning desire that compels you to take action. It is

a so deeply intertwined with what you believe to be true and right in life that it moves you from a simple desire to a moment of decision. Have you ever watched a working dog? There only motivation is you. What is your motivation?

In 2006 I wrote, "Change happens in an instant. It happens the moment you decide to change."

You are going to be different tomorrow. Stop feeling stuck. When you decide to be different you will find motivation seeping into to thoughts and into your actions. Motivation causes you to take action, it becomes an inner drive fueling you forward.

We all believe something. When was the last time you asked yourself, "What do I believe?" What role does faith play in my life? Why was I placed on this earth? What is my purpose in life?"

Remembering that motivation is a verb meaning to "move" or take "action". Family, friends, co-workers and the people all around us are key motivators for how we act. Surround yourself with great people and you will surround yourself with great motivation.

Goals.

It should be no surprise that goals motivate us and inspire us. The most powerful goals are self-directed goals. Self-directed internal goals. They include understanding your priorities and purpose in life, knowing what you believe to be most important and

using those goals as a daily guide for how you will choose to live your life.

New.

Choosing to learn something new every day will give you a reason to grow and change. This could be something as simple as driving to work via a different route or signing up for guitar lessons.

Challenge.

Challenges are frequently seen as some sort of contest like the final four during March Madness. Challenges draw out the best in us. A simple challenge might be to decide to go to bed fifteen minutes earlier for thirty days to see if it improved your daily productivity.

Truth.

Truth does not waver. Something either is true or it is not. Truth provides a firm foundation to stand on. Truth strengthens, encourages, and will guide you correctly.

Determination.

You've met them. Those rare individuals who are determined to continue regardless of how difficult the circumstances. Determination literally means you are willing to put a "stake" in the ground. It is not a casual choice. There are very few things humans will determine to mark as permanent placeholders for their beliefs.

Laughter.

Laughter heals the soul. Why is it that children laugh

hundreds of times a day and adults laugh only _____ times. Laughter occurs when something unexpected happens that causes your brain to emit a signal to your lungs to expel short burst of air causing you to make audible noises that are a signal of joy all across the world.

Perseverance.

Perseverance reminds me of a road or a bridge – a specific course or path we all walk down. When you feel hopeless and lost, that is when perseverance counts the most. Perseverance is consciously choosing to stay on your path even in the midst of incredible difficulties.

Freedom.

Having a sense of control or autonomy over your time and your actions is a powerful motivator. Freedom liberates you to dream and imagine and create. Freedom of stress is one of the most sought after psychological goals.

Tenacity.

Tenacity is a word originating with the meaning of adhesiveness. There are frequent times you will find you need to “stick together”. Tenacity never gives up. It never lets go. Willpower lives in the core of your being. Willpower moves you, motivates you and causes you to take action for good or for bad. This inner drive is the control center for many of the decisions you will

choose to make moment to moment.

Faithful.

Faithfulness is a rare quality in today's world. It is choosing to remain reliable, trusted and constant. It carries a sense of attachment and devotion to people, causes, organizations and beliefs. Faithfulness is a foundational motivator.

Endurance.

This word literally means to have the ability to endure suffering over long periods of time. Grit is stone broken down, but it is still stone. It speaks to the indomitable toughness it can take to push through life's most difficult trials. Endurance when accepted can build character, patience, wisdom, empathy and compassion.

Novel.

Novelty is also one of the most unexpected motivators. When you experience something for the very first time or you see something you have never seen before you may find yourself swept away with emotion. The birth of a child. An unexpected gift. A surprise ending to a difficult moment in life.

Tragedy.

Life is full of heartache and indescribable pain. War, illness, death, divorce, financial problems, and injustice. Tragedy regardless of the pain is full of opportunities to learn and grow and find renewal and hope. Tragedy shows you are never alone.

Learning.

Any gap in understanding will motivate you to want to fill that knowledge gap. If you want to know more about leadership – read books by great leaders. To learn how to train a dog – hire a dog trainer and take lessons. The incremental acquirement of new knowledge becomes a self-motivating driver.

Anticipation.

The act of looking forward to something important happening in your life. When you are just given a glimpse of a future success or opportunity the anticipation releases an incredibly powerful chemical called dopamine into your system. Everything you have ever wanted in your life you were first motivated to strive for attaining it because you anticipated the feeling of importance it would mean to you.

Dopamine is the brain chemical of anticipation.

Courage.

Lt. Col. (retired) Dave Grossman shared a single quote of where the bravery of being an Army Ranger came from for him. He said, "Courage is just being willing to take one more step." Sometimes the only motivation you need is to take just one more step.

Hope.

When used as a noun hope only a feeling, but when used as a verb hope becomes the focal point of your motivation. Sometimes in life all you have is hope.

And, in those moments hope will be more than enough.

Time.

Time is not merely a framework for how the minutes, hours and days pass by – each day is like having a blank canvas sitting in an art room filled with unlimited options. Improving your motivation through improving your time management will require you to reduce the number of choices you have to let into your life. You will find simplicity and peace in narrowing your focus and increasing your energy and attention only on accomplishing the tasks that bring motivation and meaning in your life.

Love.

The foundation of life is love.. There is no way to create a life of meaning without love. There is no motivation, no reason to move or change or engage in life without love. The foundation of motivation is love.

And, Three That Might Surprise You

Brain.

The prefrontal cortex is the thinking part of the brain. This is where life happens! In this space just behind your forehead, ideas are created, thoughts are pondered, imagination grows (or dies), judgments are made. This part of the brain is highly specialized in humans; this is where you define meaning, plan for the future, and imagine. Your values, priorities, purpose, goals, drive,

learning, love, and hope all live here. Motivation is a decision.

Attention.

You experience the depths of motivation when your attention focused so intently on completing a task or a project or a hobby that challenges you to such a point that time stands still. When you are in that moment – swept away from stress and worry – concentrating with full attention – you don't need motivation – you are experiencing motivation. At that moment you are motivated. You are in the process of taking action. And, in those amazing moments you realize the life-changing power of motivation. You understand the difference between existing and thriving. And, in that moment – life oozes out of you. And, motivation is contagious.

Time Management.

Your personal time management skills affect the levels of motivation you experience in life. Dr. JoAnn Dahlkoetter is a sports psychology expert and coach to Olympic athletes, as well as being a world-class athlete in her own right. She says, "It starts with a dream; motivation comes from within. It has to be an inner desire, an inner fire, a willingness to achieve something you are passionate about."

Far too many people only focus on the hard parts of life that motivation can guide us through. By improving

your time management you can create daily blocks of time to focus your time and attention on the parts of life that motivate you.

Action Steps:

Time Management Tips to Live with More Motivation

Assess your current schedule

Determine which activities motivate you and which activities drain you of energy

Take time to think about what you really want out of life (preferably away from work or home)

Clarify what you want in life by writing down personal or professional goals

Create a plan of action – prioritize or sequence the individual action steps you need to take to accomplish your new goals

Use a pen and paper to schedule when you will take these actions.

Then take action.

Remember “motivation” comes from the word “motive” which means to “move” – or to take “action.”

“The secret to motivation is purposeful action.”

~ Allyson Lewis

<http://pinkforpeace.org>