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## Discover your motivation

### Master your Motivation

When you understand what motivates you, you will then be able to harness the power of the unlimited motivation deep within you. Many people find they have motivation for all the wrong things. The object is to understand what energizes you into action. Once you understand the trigger, you can then focus your energy towards your dreams, goals and desires.

Each of us is a unique individual. That means we all have special talents, abilities and strengths. Once we take a deep look at who we are and what our talents, abilities and inner strengths are, we can then begin to harness that knowledge and begin to foster the unlimited motivation that dwells deep within.

There are two elements of motivation:

- 1) A motivating influence
- 2) The act or process of motivation

A motivating influence can be defined as a powerful inspiration. What inspires us, also deeply motivated us. The trick is to figure out what you can do in order to link what inspires you to what you need to do.

Your desire: You really do not like getting up every morning to go to the daily grind so much so you are ready to abandon ship.

Your inspiration: You enjoy traveling on your vacations.

Link: When you ditch your 9 to 5, there will be no vacations. There will also be no money for that great trip you had planned for this fall either.

People ask me all the time, "Why are you here? Doing this job?" I just laugh and tell them, "My job is being a writer and self published author. I just do this to fill up the off hours and for spending cash!" You would be surprised at the reaction I receive from almost every person I say this to. Take your inspiration and turn it into a motivation!

Motivation, simply put, is drive. Once you understand that the inspiration is behind your drive, use it!

Having an inspiration is like having a twin engine race boat tied to the pier. It is not going to win you any races unless you cut the ropes, jump in and go! Motivation is action. We all have unlimited motivation deep within us. It is what keeps our mind thinking of new and great ideas. It is what keeps our hearts beating and it is what makes us get up each morning to face the challenges of a new day! Our motivation is unlimited. All we have to do is reach deep within and use what we already have.

Motivation is the key to success. Without action, there will be no reaction, thus, no possible way of achieving your goals. Each of us is completely different, so each of our inspirations that motivate us will be different. What may motivate me will not motivate you. But if you look hard enough, you will begin to understand what will motivate you. Once you figure out that "trigger" you will then be able to use your motivation to set your goals, dreams and desires into motion.

The process of understanding what inspires you and how to set your motivation into high gear is not an easy one. Many shipmates give up because it takes too much time or is too difficult. I assure you that the reward will far outweigh your investment. Being able to tap into your motivation is something that is absolutely priceless. Good luck on your journey of life sailor!

Take a moment to read the following questions. Think about the answer to each before moving on to the next. If you have some free time, write down all of your free flowing thoughts in your journal. Let yourself go and write what comes into your mind until you can no longer think of anything spawned by a specific question. Only then go on to the next! These questions are designed to help you gain insight into what motivates you to action.

What have others said you are good at?  
What are your gifts, your talents and your abilities?  
What do you love to do?  
What makes you feel completely alive?  
Do these things motivate you to strive for greater achievements?

What have you done that you hold in high esteem?  
What aspects or characteristics within yourself are you proud of?  
Do these elements help foster a foundation of energy that helps motivate you?

When you are on your last breath, what will you regret not having done?  
If you could make any contribution to those you care about, what would it be?  
Are you willing to look back and think of all the things you should have done or would you rather look back and think of all the things you have done?

What are you passionate about?  
What do you believe your purpose in life is?  
Does your passions and purpose help drive you to greater heights?

This list of questions will help you understand what some of your abilities, personal strengths, dreams and life's goals are. The question at the end of the block will help you understand how those things can be used to foster self-motivation.

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