

All Talk And No Action; So Let It Be Written; So Let It Be Done!

It is so important to know how to motivate ourselves in an effective manner and in a desirable direction. Throughout life we continually struggle between the dual forces of what we say and what we do. So, I ask you, what would you pay for a personal formula that would turn all your words into action?

A Kid After My Own Heart!

I was in a mall one day and saw a little child say to his father, "daddy, if you say please, I'll let you carry me". And, of course the father reached down with a big smile and picked up his son. Who could resist? I gave some thought to that scene and here are some things I considered.

Could that father have reacted differently? Probably! But the little boy didn't realize it but he went directly to the source of motivation. Right on the spot that kid turned his dad into putty in his hand.

I marveled as I watched this little kid motivate his father. Not motivating himself, but motivating his father. I think there is a key here.

Under His Thumb!

It was the words the little boy used to get the free ride he wanted. It's the words we use on ourselves that get us our free ride or, just another pain in the neck. The little boy could have stomped his foot and demanded to be picked up. That would probably not have motivated his father, or, at least motivated him in the wrong direction.

The right words bring motivation, the wrong words bring resistance. When the right words bring motivation, they bring confidence. It relaxes our defenses and we let our guard down. And then, we stop spending emotional energy to protect ourselves from possible failure. Instead we use that energy to reach for the probable rewards of success.

Say it And then Write it!

Anyone who writes a letter affects the subconscious mind of the person reading it through suggestion. A person may not accept your advice when given to them verbally. Many times because the advice does not come over as a sincere suggestion, it comes across as orders. And, then they ball up like a knot.

At that moment, the timing may be dead wrong for the other person to accept what you say emotionally. Perhaps the only thing he can think about at the moment is; he is a day late and a dollar short and your suggestions to him are about as interesting as two blind men having a conversation in a foreign language. You're trying to philosophize him, and He is facing all out war and sees you as slow as molasses in January.

But, that same person would accept a well written and sincere letter you write to them with open arms. If properly written it would be read over and over, studied frequently and digested. Ok, so what's the point?

Here it is. To write a letter you have to think. You have to formulate your ideas and put them on paper. And when you discover something you're about to write stinks, you can back off and change it. And, the things you say direct the other person's mind, and your own, in the direction you want it to go.

Just Call A Spade A Spade!

Example: all these articles, that I write, are words that I share with you in hopes of motivating you. Some things that I say are controversial and most people would not write such things. But, people accept it from me and realize that's just the way I am. They know that I love all of you and just trying to help and, I do it through my own silly style and backhanded compliments.

I have noticed that even when I read something I've written it has more of an impact on me emotionally. Not, because I wrote it, but because I'm reading it. The power of the written word on our minds is very motivating.

The words that you read somehow seem to be more believable than if someone speaks them. That is not to discount what a well qualified person says, that dude might be as sharp as a cafeteria meatball; it's just the way we learned from our childhood.

We believe what we read in books; it's a subconscious function, until we come across some scatterbrain that's full of alphabet soup. When he says something that completely goes against our personal beliefs or what we know to be true.

Let her Rip!

Let's look at some specifics: Let's take a person who is bothered by timidity. You already know what I think of fear; it's about as useful as a yard full of pump water.

Well, what's the opposite of timidity? Aggressiveness! So, how can a person with fear motivate himself to round third and head for home? Two ways; first, by repeating as an example, "be aggressive", frequently throughout the day.

He should do this especially when in a situation that causes the fear. And, say "Do it now". Secondly, read books and articles that direct his mind in the direction he wants it to go. If the problem area is fear, he will want to read self help books about success and motivation.

The words that he reads will make an impression on his subconscious. That's why I caution people to be very careful what they read.

You will become what you feed your mind on. The subconscious is like a sponge. It will soak up anything and everything you feed it. And, it couldn't care less if you've strayed off the reservation and now stewing in your own juice.

The Ball's in Your Court!

So, here is your formula for personal achievement. Read something that inspires you and then, to be enthusiastic, ACT enthusiastic. Or, whatever you're attempting to do. A great psychologist once said "if we act as if we feel in any given way, in time our feelings catch up with our actions".

And the action can be physical or it can be mental. A thought can be stimulating but it's the action that causes the change in behavior from one direction to another.

Here are some techniques to help you. When you repeat an expression that you wish to use in changing a behavior, say it "loudly." This is particularly important if you are emotionally upset. If you have a fear of something like speaking in public, talk loudly.

Talk rapidly. Your mind functions faster when you speak rapidly. Plus, your mind doesn't have time to tell you that your doing something you're afraid of because you're too busy thinking of the next sentence.

Emphasize words that are important in the context of your situation. Example: If you are worried, say "PEACE", loudly and rapidly with emphasis to make an impression on the subconscious. It will listen and will bring about peace to your emotions.

Your Mission In Life!

But, most important, and always, Do It Now!! . If you will do this, you will prove to yourself that you can motivate yourself to action and create desirable change to any behavior you want. Now, go look in the mirror at that Cheshire-Cat Smile. :>)

Richard Vegas ©

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