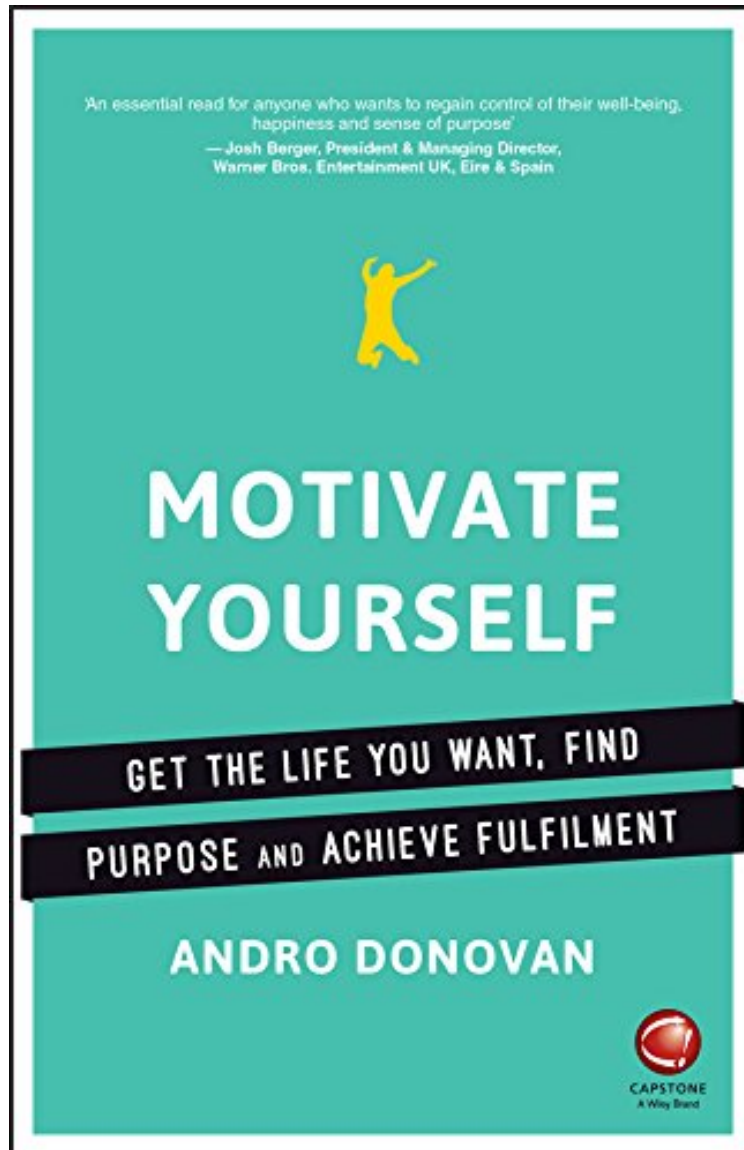


[Download] Motivate Yourself: Get the Life You Want, Find Purpose and Achieve Fulfilment

Motivate Yourself: Get the Life You Want, Find Purpose and Achieve Fulfilment

Andro Donovan

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sometimes tough. Because of the reviews we do on www.Bookbuzz.biz and LinkedIn, we get introduced to authors, and that brings us into contact with books we would otherwise never have heard of. Neil Orsquo;Brienrsquo;s *Time to fly*rdquo; is an example. *Motivate Yourself*rdquo; by Andro Donovan is another example. There are not that dissimilar in the subject they address but take very different routes. Mark TwainAndro focusses on finding your purpose as the key. As Mark Twain said, *rdquo;The two most important days in your life are the day you are born, and the day you find out why.*rdquo;Unless you are a lucky person, finding your purpose is not easy. Let alone living it. Tips to find your purposeShe has a number of tips to find out: What movies or books move you and why? Who are the people you admire and why? Pick 8 values you want to focus on. Why? Write down your value statement Write down how you will activate these values in your day to day life. PlutarchShe then moves into the internal dialogue. To throw in another quote, they time from Plutarch; *rdquo;What we achieve inwardly will change outer reality.*rdquo; You are what you think. With every thought and every decision you make about yourself, you seal our fate. By shifting your stance from *rsquo;I cannot'* to *rsquo;I can*rsquo;, you will be in the running for a better, more fulfilling life. Review the mind you live in You need to start mapping your self-limiting beliefs and understand where they are coming from. Go for a mental detox. Review the mind you live in. Choose to be happy Once you have done that, then choose to be happy. Once you choose to be happy, the way you vibrate changes. Attracting you towards matter or people who are vibrating with similar energy. Energy of a certain quality or vibration tends to attract the energy of a similar quality and vibration. That is why happy people are lucky people. Listen to your heart Life presents us with wonderful opportunities every day ndash; if we have not clarified what's important to us in our hearts, and understand at a deeper level why we need to be here rather than there, we will be missing the opportunities that life is offering us every day to be great, happy, fulfilled and satisfied. Donovan's Motivational Principles Spend some time every day being silent. Be up to date in all your relationships; toxic friends and family contaminate your energy. Aim high and do your best with all your endeavours Remember you get in life what you expect and go for it. Express yourself fully in spite of perceived judgement. Try something new and leave your comfort zone regularly, this is where growth and magic happens. Express more love, appreciation and gratitude Focus on vital (life force, life enhancing, irreplaceable) versus urgent (usually someone else's priority) What colour is your parachute You have heard it all before. It is hard to figure it out. What makes Andorsquo;s book unique are the exercises as part of each chapter. It is a *rdquo;What colours your parachuter*rdquo; for finding your purpose. It is a great way to start 2017 Happy new year. 2 of 2 people found the following review helpful. You can benefit from this book! By Tony This book is for everyone wanting to take charge of their future! The author's confidence that anyone can find purpose and fulfillment is evident in every page. It almost seemed that we were having a friendly conversation as the tone of her writing was so supportive. The book goes back and forth between the author teaching a bit then "over to you" to work or contemplate. There are lots of exercises to help dig a bit deeper. There are ideas for visuals and also ways to set yourself up for success. This book is for anyone who is at a lull in their motivation, can't figure out which direction to take, wants to create a spark or lack the understanding of how our thoughts impact our behavior. It is a book that can be read and re-read. 3 of 3 people found the following review helpful. Andro is gifted and soulful woman dedicated to being her ... By mitchel groter Andro is gifted and soulful woman dedicated to being her highest self, and living with purpose, passion and loving kindness. Her new book is a transformative guide full of practical processes for creating and living a purposeful, joyful and fulfilling life. The book is elegant and nbsp;well written and offers the reader/seeker clear pathways to transform and overcome the self-imposed limitations, barriers and fears that stand in the way of living the life your heart truly desires.

Do you want to feel more productive, more present and more inspired by your own life? *Motivate Yourself* offers practical strategies to improve your productivity and gives you the know how to create the life you want. Learn how to move past your self-doubt and propel yourself into living your dream. With practical exercises featured within each chapter, this book will help break those emotional barriers that hold you back and set you on the path to becoming fully engaged and more productive. Kick start your productivity journey today and: Quieten that negative inner voice that inhibits your personal growth Wake up to the possibility and opportunity of a different way of living Learn how to motivate those around you with productivity at the center of everything you do Challenge yourself to discover who you really are and what you are truly capable of achieving

"..an excellent read for those who feel their life has become routine and not taking the direction they envisaged." (Management Services Journal, June 2017) "Donovan has struck just the right balance between sparking deep personal reflection and giving you the tools to deal with what you find." (My Business Book Club, June 2017) From the Back Cover 'An essential read for anyone who wants to regain control of their well-being, happiness and sense of purpose' mdash; Josh Berger, President Managing Director, Warner Bros. Entertainment UK, Eire Spain THIS IS IT. At some point, you've probably wondered if you are good enough or have the skills to achieve what you want. But life is too short to waste time doubting yourself. We need to strike a balance between our unique set of spiritual values and the fierce logic of our rational mind, which is so often intent on arguing for our limitations. GET THE LIFE YOU WANT.

Whatever circumstances you find yourself in, this book will help you to motivate yourself and discover your true purpose. This step-by-step guide puts the proven principles of transformational leadership coach Andro Donovan at your fingertips. Kick start your journey now to: Go beyond the self-doubt of 'could I?' and 'should I?' and take you into a world of 'want to', 'love to' and 'will do' Wake up to the possibility and opportunity of a different way of living Motivate others by putting productivity at the centre of everything you do Discover who you really are and what you are truly capable of achieving Feel more productive, present and inspired by your own life by taking the actionable steps in Motivate Yourself to fully live it. 'Andro's sophisticated no-nonsense step-by-step system will shine the light on your extraordinary life' mdash;Anandi, The Sleep Guru