

Secrets Of The World Class **(Part 4 of 4)**

The first three articles discussed how World Class people have a **Mission and Purpose** for their lives, an **Unstoppable Attitude** that keeps them on course, and the ability to remain **Calm Under Pressure!**

World Class people also know how to keep themselves *internally* motivated regardless of their external situation. When Donald Trump was a billion dollars in debt he didn't think anything of it. He thought, "It's only a matter of time before I'm back on top," and now he is!

Thus, the fourth secret is to be **internally driven!** This means being able to stay upbeat and motivated regardless of your circumstances. **Understanding what moves you into consistent action can also *unlock the secrets to keeping others motivated!*** Next week I'll teach you 6 Master Persuasion Strategies for getting others *supercharged* for success!

For now, let's finish this series with **a system you can use to keep yourself positive and persistent!** Anthony Robbins says, "If you want to motivate someone discover how they are naturally motivated and then apply this (psychological) strategy to their new endeavors."

Instant Motivation In 2 Steps!

Identify the psychological strategy you use to create the *feeling* of motivation. Mike was excited about going on vacation but he had a lot of paperwork to get done first. To stay motivated he kept *picturing* himself on the beach with his family. He also encouragingly told himself, "Every file I finish is a step closer to the beach!" Mike also *moved* with energy and enthusiasm.

Think about the last time you felt motivated. Were you going on a vacation, seeing someone special, or focusing on accomplishing a task? *What happened in your mind to produce the feeling of motivation?* Notice what you **pictured** in your imagination, the **comments** you made to yourself, the **tone and quality** of your voice, and how you **held** your body.

Now apply this strategy to the area of your life where you want to feel *more* motivated. Think of the situation where you want to feel motivated and imagine it while applying your "motivation strategy." For example, you might *picture* yourself having fun while *saying* with an *energetic* voice, "This is going to be awesome!" You might even stand up, smile, and *move your body* with energy!

TIP: If you had to show me "**motivated**" without speaking, what would you do? Pretend to feel motivated while thinking of the upcoming event. The more you *sell yourself* on making the task fun, the quicker it will feel that way! If you're having trouble with procrastination I guarantee it's because of how you're *presenting* the situation to yourself.

Bottom line: Once you understand what happens inside when *naturally* feeling motivated the easier it will be to re-produce this feel at will! Simply replicate the same mental strategies and apply it to situations where you want to feel *ready for action!*

Next week I'll share 6 Master Persuasion Strategies pros use to motivate and inspire those around them! Until then, pay attention to what happens inside when feeling *strong and persistent* and use it to make your day a **Shurr ! Success**

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PS. Want *more strategies* for feeling motivated and unstoppable? Visit www.TimShurr.com and order your copy of **Emotional Mastery! How To Turn Fear Into Power!**

Tim Shurr, MA is an internationally known Self-Help expert, author, and motivational speaker. He teaches individuals, teams, and companies *mentally re-conditioning strategies* that “program you” for success! For more information or a catalog of Mind-Conditioning Books and Audio programs, visit www.TimShurr.com