

5 Secrets of Motivation

By Matt Levenhagen
Copyright 2005

Presented to You By:

Noel Hynes

[Visit our website here.](#)

[eMail us](#)

Please Read This First

The entire contents of this report is copyright © 2005 Matt Levenhagen. All rights are reserved.

No part of this book may be stored, sold or distributed by any current or future method without the prior specific permission of the author and publisher. Unless you have a license that was presented to you.

This book must not be offered or distributed through any barter arrangement, auction or auction site.

The contents are based on the author's personal experience and research. The author is not responsible for any consequences that anyone may attribute to their reading this book.

Some links may change or even not work for many reasons beyond the control of the author and distributors. They cannot guarantee or otherwise be responsible for what you might find when you click through.

What are the Secrets That Help Us Overcome Inaction and Help Us Achieve Our Dreams?

Introduction

This short eBook was written to help you understand where motivation comes from and the steps to take to attain it. Motivation is not always easy to pin down.

Whether you are just starting out in business or pursuing opportunities online OR if you have been at it for a long time OR somewhere in between, motivation to do the things you need to do day in and day out can be challenging.

Sometimes many of us will go on for months and even years without a break through... without making enough money to say, "YES! I've made it!!"

So how do you stay motivated OR get motivated for that length of time?

Many of us linger making a little here and a little there. We chase after this opportunity for a while then go off in another direction to see if you can make money at another opportunity.

It becomes a terrible cycle. Going from one thing to another... fighting to keep going. And often, we fall and lose the little motivation we did have and sink into depression or wonder around aimlessly looking for answers that never come.

The problem so many people have is they don't quit understand what motivation even is or where to get it... Do you? Do you think it is a secret formula that you will discover..... Someday?

How much have you sacrificed? How much are you going to have to sacrifice?

Sometimes we have to struggle and sacrifice for a long time to get what we want in life. If any of you have gone to college, you'll know what I'm talking about... Years of studying long hours and spending the money to go to school not knowing what lies after...

I had to sacrifice A LOT to learn what I needed to become a force online and to build a business that could bring me in enough money to comfortably live off of. You may have to as well!

We can't really see the light at the end of the tunnel many times... we have to ignore all the good things happening around us to focus on something that

we can't even touch yet... and don't know with 100% certainly it will even happen...

How do you stay motivated?

Some of us don't have the **support system** we require to encourage us to keep going... Is your wife or family not really behind you? They often don't even understand what you're doing online and just wish you'd get a real job or focus on making money offline in your regular job... and want you to spend the rest of the time doing chores around the house or relaxing with the friends and family.

They see you **spending hours upon hours** in front of the computer, but there is nothing to show for it. No money anyway...

Are you accused of ignoring your responsibilities offline?

Could you be making more money if you weren't online?

Are you being a financial burden on your family and can you not convince others that what you are doing is even going to pay off?

How do you stay motivated under these conditions?

It is VERY easy to want to give up and count yourself as a failure... to mope, cry and let it affect everything in your life when you just can't get the business moving and making money.

It's difficult to concentrate. It's difficult to do anything at all...

I am going to provide you some answers here that will help you get your arms around how to get and stay motivated... even with all the pressures in your environment and the world working against you.

The Online Jungle – The Challenges We Face

Let's face it, no matter how easy the gurus, sales hype and many make it look online, it isn't. Let me tell you a little secret about myself...

I work my behind off!! I have worked long hours to reach the level of success I have...

The first challenge we face when we come online is to find the right information that isn't just going to take your money AND to produce results as quickly and efficiently as possible.

Unfortunately 99% of the opportunities online involve a learning curve...

Trial and Error...

A high level of focus...

And motivation to do what's required!

I know you don't want to hear this... you are content listening to all the people out there that tell you that you can do this, this and this and make a lot of money!

I got news for you... it's not that easy. You will struggle... you will sweat. All the people you see having success online... struggled and failed along the way...

It's hard work starting and sustaining an online business. **Are you up to the task?**

Things are going to happen that will make it difficult to stay on course.

1. You may hook up with the wrong Joint Venture partner and loose a lot of money...
2. You may have computer problems... loss of data.
3. You may need money to get the tools you need to accomplish what you need to accomplish... but don't have the money.
4. You may end up buying a lot of stuff that doesn't make a dent in your business... promises to help, but doesn't help one bit... you buy this product and that because someone told you to, but it doesn't help. In fact, it might have diverted your attention and you are further behind then you were!
5. You may find an opportunity that requires a lot of time and energy, but ends up doing nothing for you.
6. You may get distracted by forum activities... you can easily get caught up or even addicted to socializing online. And you spin your wheels...

These are just a handful of things that can set you back or make things challenging for you.

How do you get through all this? **How do you stay motivated?**

There are monsters around every corner. People are waiting to take your money and run... to convince you that you need their product in order to succeed...

You will be bombarded with Emails from lists you don't even remember signing up for promising riches if you sign up for their seminar!

Guess what? I found success without spending thousands on seminars and info products... imagine that!

Handling the Emotional Roller Coaster...

So through all this, you have to control your emotions and psychological tendencies...

One day you will be up. Maybe you made a big sale... or your first sale! And then a few days later you are grumbling and miserable because you can't replicate it or... you suffered a loss or set back of some kind.

This can happen for weeks, months or even years...

It doesn't have to last years... This Report is about how to approach online business or how to forge your way to success, but many of you will struggle for long periods of time before you break through...

You might make thousands on an opportunity... the cash may start flowing in like crazy, but then... nothing. Months later you are struggling to make on sale.

The highs and lows can take a real toll on not only you, but your family... and your financial situation.

We might feel like a conqueror one day and a poor peasant loser the next.

We may have a string of winners, but then...

Then the failures...

How Do We Get a Handle On Failure?

Failure can be crippling to some. Some can't handle it... some don't know how to overcome it...

The biggest problem is some don't understand it.

You see, failure is not a bad thing... not really. Failure means you did something and got a result! It's what you do with that result that now matters...

Do you cry and complain about it? OR do you except it... do you embrace it... and do you learn from it?

All sales rely on numbers... and you can literally predict outcomes if you know those numbers.

Look at every failure as putting you one step closer to a winner. It doesn't matter if you are playing the Adwords game, developing and launching products, or putting up Adsense sites. It's all a numbers game.

You will learn that you do something "X" number of times and you will get "X" number of positive and "X" number of negative results.

True story!

I've been in sales for years and I know this for a fact... I'm heavy into the Adwords game and I know this as a fact.

When I was heavy into selling insurance I knew I had to make so many phone calls to set so many appointments. I knew I had to go to so many appointments to make so many sales...

In Adwords I know I have to put up around 10 campaigns promoting affiliate programs to get to a winner... **I know that!** So the 9 losers are just part of the routine...

So that's how you deal with failure... You learn to like it and embrace it. That is how everyone grows and learns... Even the experts and gurus out there have failed... in fact, they probably fail daily, but it's the BIG winners that accumulate and make them rich!

THEODORE ROOSEVELT:

*It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. **The credit belongs to the man who is actually in the arena**, whose face is marred by dust and sweat and blood, who strives valiantly, **who errs** and comes short again and again, who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause, who at best knows achievement and who at the worst if he fails **at least fails while daring greatly** so that his place shall never be with those cold and timid souls who know neither victory nor defeat.*

What is Your Financial Destiny?

All these things I'm telling you here is meant to begin to develop an attitude... a way of thinking that will prepare you for mastering the art of motivation. Everything is mental... almost everything anyway. Motivation actually has a physical component I will get to later on in this eBook.

Your financial destiny... what is it? Have you decided?

You've heard that saying... maybe not:

*I bargained with Life for a penny,
And Life would pay no more,
However I begged at evening,
When I counted my scanty store.*

***For Life is a Just Employer,**
He gives you what you ask,
But once you have set the wages,
Why, you must bear the task.*

*I worked for a menial's hire,
Only to learn, dismayed,
That any wage I had asked of Life,
Life would have willingly paid.*

Powerful stuff... what have you decided or asked life for?

We are not born with a financial destiny implanted in us... we decide... **we make the decision to be rich or poor.** YOU...

If you decide you want to just get by in life... chances are you will.

If you decide you aren't cut out for making a lot of money & it's only reserved for those with smarts... you won't make a lot of money.

You decide!

Right now... After you read the following paragraph stop reading for about 3 minutes and think.

I want you to think about what you are bargaining for... what have you asked 'life' for. Ask yourself if it is enough. Look at your life now and think about your future. Everything your heart desires... is that what you have set out to do? Or have you settled for mediocrity...?

Stop now and think about that... even jot down on a piece of paper your thoughts so you can reference them later.

OK...

Your back...

What did you learn about yourself? Are you challenging yourself enough? Are you forgetting about the obstacles to get there and deciding what you want based on your dreams?

The road may not be easy... but remember:

PETER MARSHALL

When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure...

Pressure is not a bad thing... stress can reap great things... challenges make us stronger and obstacles are the building blocks that will shape our success in the end.

Some day years from now you will look back at your life. At that time, if you ask yourself, "Am I satisfied with the road I took; could I have done more?" how will you answer that?

***** Remember, the pain is temporary, the results are forever *****

What decisions have you made?

Without a decision, there is not direction in our activities...

Why am I telling you this and some of these other things? You might be thinking... "I thought this Report was about motivation!?"

Well... **Motivation can be found, but motivation by itself will not lead to a bountiful harvest!**

You can be really motivated to do things, but if the actions you are taking are misguided, the results will be useless or even damaging. This is why the decisions you make are so important. And it's also why the right decisions are so important.

How do you make a decision of what direction to take with your business online? How do you make a decision to reach for the type of success that right for YOU?

So many people don't take the time out.

Can I tell you something? I hope so... If I can't I'm going to anyway! ☺

If you were to take 3 days off and focus on your decisions about where you are going, **you may find yourself at your destination A LOT faster.**

Many of us don't take the essential time we need to concentrate on our decisions as a whole.

We will make a small decision here and there, but how do they affect the big picture?

Decisions can be looked at like a river...

The main river that we follow though life is the one that is supposed to take us to our destination. All our rivers look different. Some are smooth as glass... some winding... some littered with rapids.

Some of them take us through beautiful country, while others take us through waste lands and terrible environments.

All our rivers also are fed by streams and smaller rivers... these are things that affect our decisions. Some go unnoticed and just blend in... not really affecting the flow; pure enough to blend with the current mixture and current...

Others push in quickly and disrupt the flow... maybe the river will carry with it periodic disruptions in the flow... swells... an increase in current and rapids.

Some may bring poison... some life.

Then along the way, there are bends and twists in the river that might push us to the banks and tempt us to jump ship.

You may come to a part of a river that splits in different directions... sometimes we have time to think about our direction, other times the current is too fast and we must make a quick decision that will echo throughout our lives... Negative or Positive.

In order for us to make decisions... accurate decisions... beneficial decisions, we need to have the End Decision... we need to know...

We need to decide what our destination is.

Otherwise... the river itself will have more influence on our lives than it should.

Why am I telling you this again? **What do decisions have to do with motivation?**

Everything!

Because once we grab onto motivation, it feeds on results and the results come from the decisions we make...

Transforming Your Thoughts...

Hopefully you are grasping these important building blocks. Without them motivation falls flat.

We all come from different backgrounds. Some of us struggle in life... other have everything handed to us. Some of us come from a loving and supportive family; some of us are in a continuous state of fighting and live in negative environments...

No matter what your past history is... no matter the environment you live in now... You have been given the ability by God to transform your thoughts.

You were born human. Human's have the ability to self-direct. And it's as easy to direct our minds negatively as positively.

BUT it takes a shift of thinking. You need to **STOP!!**

Step back and make a decision. If you are down... decide to concentrate on getting up. If your environment is mostly negative, concentrate on only the little bit of positive... They can take your body, but they can't take your spirit and mind!!

Right down your goals... right down who you want to be. Repeat to yourself everyday your desires. Remind yourself everyday that you are special and that your environment doesn't decide who you are... not your past... not your present. It's between you and God.

That's it! **Everything around you is temporary.** It doesn't have to be permanent.

I KNOW WHAT SOME OF YOU ARE THINKING!! That's easy for you to say! You don't understand my situation.

True... I don't know what you are going through. I know what I've been through... and I can guarantee if I didn't employ the things I'm teaching you in this guide... I wouldn't be teaching the things I'm teaching you in this guide! I wouldn't even be here.

We all have our own demons and obstacles to overcome. BUT... there is help out there...

Some of you are OK. Some of you got it together and have a supportive environment. Good...

No matter what your situation though, applying the things in this guide whole heartedly will help you... it will.

As Zig Zigler once said:

Positive thinking will let you do everything better than negative thinking will.

So What Are the 5 Secrets?

Well my friend... We've touched on a few above. Let's go deeper...

1. Decisions...

Yes! That is the first secret. You must decide to be motivated.

Don't look around you... it's not a physical revelation.

It's not in a book or website... it's not at a seminar. It's not contained in an audio or visual presentation.

It's in your mind.

Repeat after me, "I will let myself be motivated".

It does take some effort... it means tuning out the distractions. It means planning to work and working the plan.

You have to decide it's time to put down your doubts and fears... you have to decide to give up some things. Motivation is dependent on the decision to let yourself be motivated.

That's the first secret.

Motivation Starts with a Decision to Let Yourself Be Motivated

2. "Acting as If"... you've already attained it.

Notice a lot of this is mental... it has nothing to do with your physical surroundings or the company you keep.

"Acting as if" is a powerful effort.

Be confident and sure about your direction.

AND visualize that you have already achieved it... and act as if you have...

If you are poor... if you are beaten down... if life has given you a raw deal. You ARE NOT going to be affective picking yourself back up if you remain in that state.

Take care of yourself... Create the person you want to be.

Act like the person you want to be. Don't complain to people about your problems. Work on your problems. Attack them knowing they are only temporary... be confident in the end result by acting as if it is inevitable. Act as if you have already accomplished that result.

Comb your hair. Carry your head high.

Help others... help others. Forget about your problems. Concentrate on lifting others up. In doing this, you can forget about your troubles.

Do business like you know what you are doing... maybe you don't! Maybe you are unsure of yourself.

All the time I hear... "I'm a Newbie"... "I'm a Newbie so I apologize in advance!"

Stop! It's OK if you are a Newbie, but loose the newbie mindset. Don't keep repeating it to yourself... You know something? It's just questions... even the experts have questions.

Concentrate on the building blocks. Don't worry about not understanding how they all fit together; in time you'll understand. In the meantime...

Act As If... The Rest You Will Find Out.

Act like you have already achieved and watch what happens... Alliances emerge... Joint Ventures emerge... become the person people want to know. People don't want to hang around people that are in the dumps.

Become a success magnet by acting like a success!

...You don't have to have lots of money to be successful. Again... it's a state of mind.

3. Plan...

Have a Plan! You got a decision... now you need to plan the journey!

It doesn't have to be complex. Take an hour... jot down some notes.

But have at least a pretty good idea of what it will take...

Maybe part of that plan includes continuing education. You don't have to know everything to find motivation and to forge ahead!

A person with a plan is a person that can make decisions that will help them achieve the goals they have set quicker and easier.

If you don't have a plan, how do you know what decisions to make along the way?

Put Together A Plan so that Motivation Will Have a Map to Follow...

4. Visualize

See yourself achieving the prize...

See yourself walking down that path...

Visualize yourself as who you want to be...

It all ties in together. Your mental mindset must believe in what you are doing. You can't move forward unless your mind sees the road.

Visualization...

Make a list... make an outline... make some notes.

Review them often. See yourself taking on the different stages to get where you want to go. Think about it...

If you do this enough... everyday, your mind will take control of those thoughts...

You will find yourself driving your car thinking about your future...

You will find yourself in the shower solving problems...

You will find your mind wondering while doing the dishes...

The habit comes. In the beginning you have to build visualization into your routine, but eventually it will become your nature.

It should become your passion... A strong desire that develops out of a focused and deliberate effort to visualize your path.

Visualize and Provide a Clear Picture for Motivation to Embrace...

5. Action → Combined with Faith

We have covered a lot of ground in this small Report...

You now know what you need mentally.

The 5th secret might actually surprise you...

Action... Combined with faith?

This last secret involves forgetting everything I have told you up until now...

Yes... you must work on all those things if you are going to stay motivated and make a better life for yourself and to achieve your hearts desires...

BUT... NONE of it will just happen.

You must act.

It's that simple... Action will provides you with motivation; it's not the other way around.

You don't get motivated to act, you act and get motivated.

Just act.

Everything in this Report involves action...

You must act in order to decide...

You must act to fail...

You must act to plan...

All of it... everything we do must first have action.

So here's what you do now that we are wrapping this up...

Go back over this guide... study it. Work on areas that you need work on.

And just starting doing it!

Not tomorrow!! NO! Today...

Not next week!! NO! This week...

Don't wait for everything to be perfect. Even if you only got 5 minutes, act on something right now... start focusing on it.

Start acting as if.

Start filtering out the environment you are in and start **visualizing** the environment you will possess!

We are NOT a product of our environment. Remember that...

-Matt Levenhagen

If you want an extraordinary book that has changed many people's lives, check out this one:

[Millionaire Mindset](#)

It is jammed with information about how to be a success in your life... Jammed! I'm talking over 400 pages of help and insight that will help you establish the mindset you need to excel in life.

I loved this eBook... highly recommend you at least read all the reviews at the above link and learn some more about it... It's worth every penny.

Author's Contact Information:

Matt Levenhagen
E-Mail: Matt@iiiBusiness.com

Matt Levenhagen owns and operates "III Group of Websites" and is in partnership with "Web Profit School".

Online Business Coaching & Consulting is available upon request.

Other Projects & Websites by Matt Levenhagen:

www.WebProfitSchool.com
www.iiiHosting.com ← Need Hosting?

www.iiiBusiness.com

www.CampaignBlasts.com ← Learn PPC Strategies!

www.WebofOpportunity.com

Mailing Lists:

Shock & Awe - www.YearofContent.com/shock-awe.htm

The Blasters - www.CampaignBlasts.com/blasters-list.htm

Shock & Awe

A simple, powerful eZine

A few times a month I will be sending her out to you... the main goal is inspiration, advice and tips to make yourself and your business fly!

[Click here to sign up!](#)