



Motivation vs. inspiration

By Robert Rudelic BS, NMT, MES

Motivation is a general desire or willingness to do something but it's usually short term. It often includes pushing and driving yourself to find the willpower to keep going to complete a task, get through a temporary situation or reach a stated goal, but what usually happens with motivation is that it begins with good intentions but interest is lost before very long.

Motivation is dependent on feelings and emotions generated from an outside source so that's why attending an event with speakers and presenters with many other like-minded people can be so electrifying. Once away from that exciting environment the enthusiasm begins to fade. Day to day circumstances sneak back in, distractions take over, the challenge of doing what's necessary becomes overwhelming and before long that feeling of motivation is gone.

Inspiration is the process of being mentally, emotionally and physically moved to do something, create something, fulfill a dream or unlock your potential. Inspiration can happen quite suddenly – hearing an interview with someone you admire, experiencing a peaceful walk in the woods, reading a book about a great leader or simply having that one idea that intrigues you and increasingly pulls you in until you can no longer ignore it.

Passive Inspiration and Active Inspiration are two different things. Living through the achievements of others can be exhilarating and even a learning experience but if you're not actually doing anything – that's passive inspiration. Active inspiration is taking the steps and doing the work, staying on target and refusing to let anything stand in your way of moving toward your desired outcome.

- ➔ The Pro of Motivation – individuals usually engage in activities they consider enjoyable or fun and as long as the activity is enjoyable the drive to stay engaged continues
- ➔ The Con of Motivation – short term engagement and when another shiny object appears attention is diverted
- ➔ The Pro of Inspiration – can be long term life changing in every area of life
- ➔ The Con of Inspiration – staying focused and on track in spite of roadblocks



Words from Brian Tracey;

● **Get serious.**

Make a decision to go all the way to the top. Up to now, you've thought about it. Up to now, it's passed your mind. But now make up your mind to go *all the way* to the top, and your life will take off. It's the most extraordinary thing.

Your life is like a shadow going up the dark side of a hill—until the moment you decide that "I'm going to be the best at what I do." And suddenly you rise into the sunshine, and your life is forever after different—wonderful.

Get serious. Don't fool around anymore.

● **Know your limiting step.**

What's your limiting step? What's the one skill area that's holding you back? What's the quality? What's the action? Ask other people. Find out what you need to become good at.

Find out what's keeping you stuck. What is the critical limiting step that's determining your success today?

- **Get around the right people.**

Who are the right people? Winners! Get around positive people. Get around people with goals and plans, people who are going somewhere with their lives and have high aspirations. Get around eagles. As Zig Ziglar says, “You can’t scratch with the turkeys if you want to fly with the eagles.”

And get away from negative people. Get away from toxic people that complain and whine and moan all the time. Who needs them? Life is too short.

- **Take care of yourself.**

Take excellent care of your health. That means good diet, good exercise. Everybody knows they should eat better foods, work out regularly and get lots of rest. If you’re going to work hard five days a week, go to bed early five days a week.

- **See yourself as the best.**

Visualize yourself as the very best in whatever you do—continually. Remember, all improvement in your life begins with an improvement in your mental pictures.

- **Talk nicely to yourself.**

Control your inner dialogue and practice positive self-talk. How? Say, “I’m the best.” Say it. Say, “I like myself,” “I can do it,” “I love my work.” If you say those things to yourself and you don’t believe them, isn’t that lying to yourself? No, that’s not lying to yourself - it’s telling the truth in advance. Because it doesn’t matter where you’re coming from—all that matters is where you’re going.

Talk to yourself the way you want to be, not the way you just happen to be at this moment. Remember, you may have gotten where you are today largely by accident. But where you’re going in the future is purely by design.

- **Get going.**

Move fast. A sense of urgency is the one thing you can develop that will separate you from everyone else. Develop a bias for action. When you get a good idea, do it now.

And the faster you move, the better you get. And the better you get, the more you like yourself. And the more you like yourself, the higher your self-esteem is. And the higher your self-esteem is, the greater your self-discipline is. And the more you persist..... then you ultimately ***become unstoppable!***

Summary

The Art of Emotional Composure

To stay motivated and inspired and prevent negativity from taking over – the answer to stopping those negative thoughts and emotions in their tracks is truly at your fingertips! Refer to the BASIC POWER TAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control – stop negativity from controlling you and stealing your dreams and desires!

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