

Matt's Views On Motivation

I know that motivation is going to be a big part of this process and will always be an ongoing topic we cover. Today, I want to share a personal insight in to how I think about motivation and what motivates me in life to do the things I do.

What Motivates Matt

There are 2 key things that motivate me most in life.

The first is to enjoy life to the full, which includes being able to do anything I want and having the capability to do whatever I want. I never want my health or physical condition to hold me back, because I know that this is something I am in complete control of.

The second thing is to be an excellent husband, father & role model. There is a lot of negativity in the world nowadays, and I believe a lot of that stems from a general lack of happiness from within people. I want to be someone who can show people (especially my family) how you can be happy, positive, healthy and enjoy every aspect of your life. If I can show people that there is another way, rather than what is fed to us day-in-day-out through the media, then I will be happy.

With these two motivators driving me forwards, everything feels easier.

Getting up at 4.45am like I did this morning isn't an issue for me, because I have a reason and passion to be up making a difference. The thought of sleeping my life away scares me to death!

Deciding whether to prepare food for the next day or watch TV on an evening isn't even a decision I have to make. Because nothing I can watch on TV will help me in my quest for achieving my 2 key motivators, but taking the time to prepare for the next day will.

Training 4 times a week and playing on a Football team isn't difficult at all, because again, it nails both points I mentioned earlier.

What I am trying to get at is this...

Motivation isn't about what you are willing to do to achieve 'X' - in my honest opinion. To me, motivation is just the understanding of what you want from LIFE.

This plan shouldn't be about your Wedding. It should be about your life

Your Wedding is simply an excuse to start taking this seriously now rather than later, because let's face it... we all need deadlines or a reason to ACT NOW.

I want you to change your perception of motivation somewhat and think of it more as an approach to LIFE, rather than an approach to a specific GOAL.

Having goals is excellent, and works really well.

But goals are simply a reflection of what you want from LIFE.

You are already a motivated person - well all are!

There is stuff you do day-in-day-out that is driven by motivation.

Yet most of us say "I'm just not motivated enough to follow the plan" or "I'm just not motivated enough to exercise"

That's because you haven't linked these actions in with your overall motivation for life yet, like you have with other things.

I imagine everyone in this group is motivated to work each day, even if you don't particularly enjoy your job. You go to work each day because it links in with your life motivation of..."As part of my life I want X, Y & Z" - for most people that is things like... "To be able to look after my family, own my own home, and drive a nice car"

People can spend 20 years or more stacking shelves in a supermarket purely because of the fact they are driven by a statement like the one I have just mentioned - even if the actual job itself bores them to death!

What To Do Now...

Simply put, you need to figure out what the 2 or 3 simple motivators are that you want to drive your LIFE, like I shared with you at the start.

Feel free to post them in the Facebook Group if you like, or feel free to keep them to yourself.

I am happy to share mine because I am proud of them and know it helps other people really 'GET' me.

I hope this helps you out :-D