

3 Stages to Motivation



The Balance Tree



WELCOME

Thanks for taking the time to download the **3 Stages to Motivation**.^(c) We have put this together to help you gain, sustain and maintain your motivation so you can find inspiration and energy for life by calling on your motivation any time you need it.

Finding inspiration, energy and motivation is part of building a balanced & effective life. We believe these techniques will make a difference in your ability to be motivated and we are excited to share these with you!

We are Jaye & Ricci Barros, married for over 30 years with 3 adult children and 3 grandchildren. Coming from Corporate backgrounds we now run our own online business to help others gain clarity, unlock their true potential and live their dream plan. We want this for you too!

Below are our 3 Stages which will help you gather the resources you need to gain, sustain and maintain your motivation. As you begin to understand each stage you will be able to harness your motivation and turn it on when needed!

We know these techniques will help you improve.

Jaye & Ricci Barros
Your Effective Life Team

For our full services go to www.thebalancetree.com.au

MOTIVATION

1 Gaining



We need to know how to start getting motivated. Where does it come from? How do you get it if you're feeling UNmotivated?


Action:

- Think of a time when you were feeling TOTALLY MOTIVATED.
 - What was happening? Who were you with? What are the emotions you are feeling as you think about this time?
- Now write down everything about that memory - everything you see, hear, feel, the people that were there, the events leading up to and following that feeling of being totally motivated.

2 Sustaining



If we want to look at motivation we have to look at UNmotivation too. Often we are UNmotivated because that is what we sustain. We're stuck in the past; letting old emotions, influences and behaviours limit us. As we start to make progress a little voice in our head reminds us ... we're not good enough, not skinny enough, not young enough ... on and on it goes ... our motivation is zapped. When we understand what UNmotivates us we can start to make conscious moves to change!


 **Action:** Think: Is there something from your past you need to address and clear?

3 Maintaining



When you know what triggers your motivation and UNmotivation then it is time to know how to turn your Motivation Tap on whenever you need it!

Your Action in Stage 1 is the secret! When you're feeling unmotivated ... bring back that memory and feel the motivation rise within you! Tap back into that emotion that inspires and energises you and your motivation will come.

 **Action:** Practice bringing up that memory until it is an instant recall for you.

WANT MORE ?

FOLLOWING THIS WE RECOMMEND

MOTIVATION WORKSHOP PPP COACHING

WHAT WILL YOU GAIN?

MOTIVATION WORKSHOP

- a strategy to tap into past memories and experiences that have motivated or UNmotivated you
- the ability to realise the roadblocks that are holding you back
- skills to gain, sustain and maintain your motivation

PPP (Passion Purpose Plus 1 on 1 Coaching)

- find your passion and purpose
- positive resources to rebalance and empower
- opportunity to create new strategies to live a life filled with success, love and happiness

www.thebalancetree.com.au



TESTIMONIALS

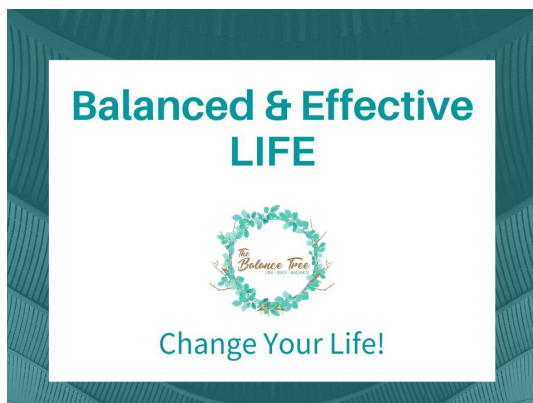


I was anxious that working through old wounds and longstanding barriers would be frightening and too confronting ... each session I came away with the feeling of burdens being lifted and a new sense of clarity.

— Helen S

I was able to release some negative beliefs and the energy attached to it. I am now able to have a more confident, equal discussion with my loved ones. I am also more confident in my own strength of character

— Sean R



It was really good. Clear, simple, with food for thought without setting expectations ... It is Do-able! And principles that can be practiced in real life situations.

— R Mason

I did the TWO courses today. They were fab, I really enjoyed them. Holding my attention in these things is not easy, I am fast-paced and bore so easily, so the split screen of visuals and Jaye on the side was great!

— Jess N