

SIMPLE MOTIVATION

LIFE IS SIMPLE,
WHEN YOU'RE MOTIVATED

“The SIMPLE system to live your life to the fullest and accomplish your goals and dreams “

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SIMPLE MOTIVATION

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INTRODUCTION

I have read dozens of really good books on the subject of motivation, but I felt many were long and overcomplicated. That is why I wrote this book, a simple guide to get motivated in every aspect of your life. You can use this method to stop a bad habit like smoking, over-eating or drug abuse, or to accomplish your goals, like starting a business, writing a novel, improving your credit, etc. The dream or goal does not matter, my SIMPLE MOTIVATION system works on anything you want to accomplish.

I truly believe motivation begins with the wanting to LIVE a better life. When you are not motivated to LIVE a better life, you are missing many wonderful things in life, you are wasting time, and time is limited. One day you will no longer be around, so why spend the last years, months, weeks, or maybe even days, without really living. I choose to LIVE until I die: this is my motto, really LIVE until I die! Being MOTIVATED about life is the only way to really LIVE.

What does it mean to LIVE? I'm sure it varies for people; for some, LIVING is pushing themselves physically to be able to compete at the highest level, for others LIVING is being an actor, a business man, a comedian, a pastor, etc. So, identify what you are passionate about and go after it, as if you only have days to live.

Most people do not know what LIVING really is. Some people think LIVING is surviving, playing it safe, not venturing out, sitting in a comfortable sofa or bed, watching TV, staying at a job they hate, putting up with an abusive spouse or relationship, getting drunk, over-eating, playing video games, and not getting out of their comfort zone. The reason why people live like this is they do not want to suffer rejection or ridicule, they rather be safe at home. Unfortunately, the end always comes to us all and the sofa, the bed, the food, the alcohol, or TV will NOT give us back the time we wasted.

This book is a guide to help you move in the right direction, and enjoy your life by being MOTIVATED. I created a simple acronym to help you remember what direction you should be going towards. Anytime you feel defeated or are not motivated to LIVE, think of the acronym **SIMPLE**, and remember what each letter stands for to get you back on track.

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You need a MOTIVE to LIVE and that is what my simple system will do for you – it will help you find that reason to LIVE, so you can start living a new life, MOTIVATED by what matters to you most.

What is motivation? I define motivation as 'the reason to action'.

My acronym SIMPLE is a system to get you in the right frame of mind. By starting with the first letter and working your way to the last letter it will get you moving in the right direction, whenever you feel like you hit a wall and cannot move forward with your goals, dreams or just things that you must do. You can refer to my simple SIMPLE acronym to get you going.

S	SELF-WORTH	LOVE yourself
I	IMPORTANT	What is important in your life?
M	MOTIVE	What is your reason for living
P	POSITIVE ATTITUDE	The only way to LIVE
L	LIVE	LIVE life to the fullest and stop wasting time
E	ENJOY	Enjoy your journey

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SELF-WORTH

Merriam-Webster Definition of Self-Worth: 'A feeling that you are a good person who deserves to be treated with respect'

My definition: 'To believe you are made in the image of God'

This is important to me because I always struggled with SELF-WORTH – I always felt that I was not good or smart enough to be as successful as other people are; I always saw others better than me.

I am originally from El Salvador and unfortunately during the '80s, we had a civil war and the number of casualties was staggering. The country still has not recovered from it and I believe some of us still suffer from a lack of SELF-WORTH.

When you see people dying left and right, life is not as important, so you do not see the value of each human being, including yourself. I remember how nonchalantly some people would talk about so-and-so dying, being robbed, or being beaten up. It was part of our daily lives to the point that we thought that was how life was supposed to be.

I also do not have a college degree and I was self-conscious of it. I often mispronounce words or say the wrong thing. I am a bit of a klutz, I am the person that runs into a mirror wall and pretends to be shadow boxing. In addition, I made many mistakes growing up, I ended up in jail a few times, and it used to make me feel like an idiot, giving me a self-defeating kind of attitude that was extremely toxic.

However, I started noticing that some people who did not seem to be any smarter or better than me were extremely successful. After a while, I realized that the difference between them and me was that they believed they were good enough to deserve success, and I did not. I knew I needed to change the way I thought about my worth.

Joining the United States Marines Corps (USMC) in 1997 helped me see things differently. There is a saying we used: "No Man Left Behind" I loved that because it put all of us at the same level. It has taken me almost 20 years to see how wrong I have been by seeing myself as NOT GOOD ENOUGH. I am as capable and deserving as the next person is. I am human just like everyone else – not better, not less, just as human as those around me, made in the image of God.

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So, how can you overcome a lack of SELF-WORTH?

As a human being who is created in God's image, you must understand that you have value – that your worth is as much as the next person regardless of what you look like, your skin color, level of education, intelligence, etc. You must believe you deserve to enjoy your life.

Whenever you hear yourself saying, you are no good, that you cannot accomplish a certain goal, or that you are not smart enough or talented, become your own motivational speaker. You know better than anyone else what you need to hear to move forward – you know when you are being negative, you know when you need a break, you know when you're tired and need rest, and you know when you need to PUSH THROUGH IT.

Remember you are worth as much as any other human is. Never gauge your SELF-WORTH against other people, or by materials you have, education or accomplishments; this is the wrong way to value who you are because an outside force does not validate your self-worth, it is validated by the fact you were created by God. You exist for a purpose, not by accident or chance. We all have a purpose in this life; all we have to do is embrace it.

You are a unique individual, and there is no one like you; you are one of a kind, and you are WORTH as much as anyone else is as soon as you are born, so love yourself. The Bible teaches that we should LOVE our neighbors as ourselves; the bar is the love we have for ourselves.

Therefore, stop cutting yourself short and embrace who you are and work on improving, striving after your dreams, because you matter.

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IMPORTANT

Merriam-Webster Definition of Important: 'Having serious meaning or worth'

My definition: 'Do it now'

How important something is determines when and why we do it or if we do it at all. Have you noticed how hard you work when you have a deadline at work or school? Why do we not tackle our goals and dreams the same way? Why do we procrastinate on working on our tasks or implementing things, such as creating a budget, saving for a rainy day, exercising, dieting, praying, changing careers or starting a business?

The answer is simple: we do not believe the things we want to accomplish are IMPORTANT. That is why we procrastinate. Do you think you would procrastinate in running if a pack of dogs were chasing you? Of course not; if you want to LIVE you must run! I cannot imagine why a pack a dogs would be chasing you, but you get the picture.

How can we translate that sense of urgency into our daily LIVES?

Here is what I do. Every day, I take a 3x5 index card and I write down what my next task or goal is; my task or goals are based on my dreams, and I do not destroy the card until my task is done. Every day, my mission is to accomplish the task or at least make progress. It does not mean I do not do other things, but it does mean that I have to work on my task daily and cannot move to another important task until it is done. I keep my index card in a place where I will see it as much as possible; I keep it duct-taped to the side of my monitor. I also use a small notebook, the type that detectives use when questioning a suspect or a witness on a case. I write down my goals on the front of the notebook and the next two to three tasks I need to work on the back, this is my ongoing log of goals and tasks.

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MOTIVE

Merriam-Webster Definition of Motive: 'a reason for doing something'
My definition: 'My why'

In my opinion, MOTIVE is the most important part of motivation. I believe that most of us are not motivated to pursuing our goals, dreams and even getting things that need to be done, because we don't know why we need to do it. We need a reason and that is what MOTIVE is: MOTIVE is the WHY we do something.

For example, if you want to get up at 5:00 am every day, you need a good reason. Is it because you want to exercise? Ok, why do you want to exercise? So, you can feel better? Ok, why do you want to feel better? You need to know the ultimate MOTIVE for getting up at 5:00 am and it has to be powerful; if it is not powerful, you will hit the snooze button 300 times.

If you do not have a clear MOTIVE, it is very difficult to get motivated.

Here is an example in my life: my son stays with me during the summer and his dream is to be an NBA player. He is small in stature, so the best way for him to have a shot is to work on his shooting. We get up at 5:00 am, go to the GYM, and put up as many three pointers as possible, he is about 60% from the three-point line for now, and we are hoping to get him to 90%. My 13-year-old son wakes up at 5 am because he has such a strong MOTIVE (DREAM) that it overrides not wanting to get out of bed. I also get up at 5:00 am because I love my son and I want to help him succeed. When the alarm goes off and I do not feel like getting out of bed, I know he is depending on me. That is a very strong motivation for me. LOVE is a very strong MOTIVE – use it as much as possible.

Identify your MOTIVE through out your day and understand why it is important for you to do some of the things you need to do. MOTIVE is the fuel that moves you to action, so make sure you are clear on your MOTIVE.

How do you identify the right MOTIVE for your Life, Goals, and Tasks?

Life Motive: What do you want to do, day-in and day-out? When you die, what do you want people to remember you by? What do you enjoy doing?

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Goals: Write down your goals. Your goals need to line up with your life motive.

Setting a goal is very simple.

- 1) Write down the goal
- 2) Give the goal a completion date
- 3) Write why the goal is important
- 4) Write down the tasks you need to do, to accomplish your goal. You do not have to write down all the tasks, just write down the tasks that will make the greatest progress.

Tasks: Identify which task will get you closest to your goal and start working on it.

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POSITIVE ATTITUDE

My definition: 'I am responsible for how I feel and think; no one has power over my emotions and my believes'

This is one of my favorite subjects. I have found that by far any success that I had in my life, for the most part, has been because of a POSITIVE ATTITUDE. Most people do not like to work with people with negative attitudes; it is mentally and emotionally draining.

A POSITIVE ATTITUDE will get you through the hard times; it will help you meet that special someone, get you promoted on the job and it will make your life, much more enjoyable.

I encourage you to cultivate a POSITIVE ATTITUDE in everything you do – you will feel more energy, and be able to focus and work for longer periods. In addition, people will respect you more, listen to you and will be more inclined to call on you when needed.

Let's be realistic: some days, it is very difficult to have a POSITIVE ATTITUDE and that is why you must purpose having a POSITIVE ATTITUDE because if you do not, life and circumstances will rob you of it rather quickly.

How do you cultivate a POSITIVE ATTITUDE?

One of the best ways to cultivate a POSITIVE ATTITUDE is by being thankful for what you have, regardless of how little it is. You will be surprised how much your attitude changes when you start writing or even thinking about the things in your life that bring you joy. My mom always said; when you are going through hard times, look down. What she means is, even though you are going through hard times, there is always someone with an even bigger problem. Think POSITIVE; it will take you further in life.

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LIVE

My definition: 'To push yourself, even when you are afraid'

Choose to LIVE! What do I mean by LIVE? Living is not being alive. I know people who are alive, but are dead inside because they have given up on life and themselves.

When you choose to LIVE, you are making a statement that you are not controlled by circumstances: you are going to embrace what comes your way and make it work. You will take on any challenge necessary to get you to the next level of your life. Choosing to LIVE is probably one of the most powerful statements you will ever make.

This is how I use it.

When I feel down, I choose to LIVE and go for a run or work on my goals. When I feel sad, I choose to LIVE and remember all the good things God has brought into my life. When I am tired, I choose to LIVE and continue to work as hard as I can so when I sleep, my sleep is good. When I am afraid to fail because I'm trying something new or challenging myself, I choose to LIVE and try and try and try; if I fail, I get up and try again and if I fail, I get up and try again. Do not be afraid to fail, be afraid to fail to try.

Here is an example from my own life. I am 41 years old and I always wanted to be a stand-up comic, but I felt I was too old and probably not funny enough. My parents are not supportive of it, and I did not want to disappoint them, so I was not going to do it. I also wanted to be a motivational speaker and a writer, but I did not believe I had the talent, education, looks, intelligence, ability, or skills to do it. However, I chose to LIVE, and I am pursuing a career as a stand-up comic, a motivational speaker and an author. Even if I fail, I'd rather try and fail, than just fail because I did not try.

I choose to LIVE – join me!

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ENJOY

Merriam-Webster Definition of Enjoy: 'To have a good time'
My definition: 'To Laugh or Smile'

In summary, after you have identified the first five letters of my
SIMPLE system:

(S)elf-worth, how (I)mportant a dream is, and having identified your (M)otive, using (P)ositive Attitude and choosing to (L)ive. The last thing is to (E)njoy the journey.

Enjoy; what is the point of living, working hard, having goals if you cannot enjoy the journey? Is it possible to enjoy paying the bills?, Work?, Start a business? Absolutely!

It is a matter of perspective; perspective is the key to be able to enjoy anything that you are doing.

Here is an example: Let us pretend that you have to go to work on a Saturday. It is not something you wanted to do – you were hoping to spend time with the kids, watch the game, etc. Instead, you are at the office reviewing paperwork. How can you possibly enjoy that, especially since you do not even want to be in that line of work?

This is what I do. First, I identify how fortunate I am to have a job that helps me pay my bills, support my wife, give to my kids, help my parents, and do many other things. Second, I think of how other people have jobs that are much more stressful, or cannot find a job. Third, I thank God that I am alive and able to work. Fourth, I think about my dreams and goals that I will be working on to get me to where I want to be – this gets me excited because it reminds me that my situation is temporary and I will accomplish my dreams!

So ENJOY whatever it is you are doing, find something positive about it, and make that part of purposing to have a POSITIVE ATTITUDE. In any situation, figure out something you can ENJOY: you only LIVE once, so enjoy your journey, the process of working, looking for a new job, going back to school, working on a budget, or starting a business.

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IGNITING THE SIMPLE MOTIVATION SYSTEM

How do we ignite our motivation using this SIMPLE motivation system? Here is an example on how I used it to write this book.

I had my next Goal written down in a place where I could see it – in my case, next to my computer. The goal was to write a book on motivation and make it as simple as possible.

In order for me to start writing, I would talk to myself in the following way.

S = Self-Worth: I am more than capable of writing a book; I have the intelligence, the ability, and experience. I have a message that I know will help people.

I = Important: This is one of my dreams – to write a book and publish it, so this is an important part of my life. Writing this book describes who I am.

M= Motive: I want to help others, I love people, and I want them to reach their goals, to challenge themselves and to improve daily. I also want to be an inspiration to my children.

P=Positive Attitude: As long as I am alive, I can do this. As long as God gives me the ability, I can do this. As long as I can move, I can do this and I will do this.

L=Live: One day I will be dead. I do not want to die without accomplishing this dream. I choose to LIVE and challenge myself; fear will not stop me, only God can stop me.

E=Enjoy: I enjoyed writing this book, this has been one of the most exciting experiences, and I kept the book short on purpose because I believe Motivation is simple.

I wish you the best and I hope you enjoyed my book. Please send me an e-mail to therealmiguelangelguardado@gmail.com and let me know how you used my SIMPLE MOTIVATION system to accomplish your goals and dreams.

Remember, you only live once, so choose to LIVE!