

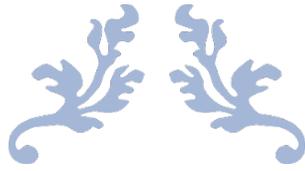


Millionaire Mindset

TRANSFORM YOUR LIFE

**HOW TO WIN AT THE
MOTIVATION GAME**

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How To Win At The Motivation Game



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TABLE OF CONTENTS

Introduction	5
Create a positive Mindset	6
Just start	13
Break steps down into baby steps	15
Practice Gratitude	16
Set Goals That Excite You 20	17
Remiind Yourself Why You Are Doing It	18
Reflect On How Far You Have Come	19
Eliminate Distractions	21
Follow Inspiring People Who Motivate You	23

Introduction

Do you consider yourself to be a pessimist or an optimist? What do you make of these words? If you're unsure, the query could be more specific: what are your thoughts about your life? What do you think the future holds for you? Is it more rainbows and butterflies or more anguish and misery?

Being naturally positive in today's world is really challenging. It would be naïve to claim that it's simple to be happy nowadays, given our busy, fast-paced lifestyles and all the negativity, scarcity, violence, and terror we're constantly assaulted with on TV and online. With all of the uncertainties about the future and the current economic crisis, the coronavirus outbreak added to our problems.

In such situations, it is easy to fall into a negative mindset without even realizing it. You simply wake up one day wondering, "When did it all go wrong?" ff A negative attitude is a surefire approach to achieve total life dissatisfaction while also alienating others. If you've had a few unpleasant experiences trying to change or affect the world around you, you're more than likely to be disappointed again. However, there is always one thing you can do, and it is a big task but one that you can accomplish if you really want to: transform yourself. How?

By cultivating a positive outlook.

Although it may sound cliched, the benefits of having a positive mindset are real and have been proven in several scientific research. A

positive mindset is transformative, as it will raise and improve your attitude and behavior while also making you a happier person.

Create A Positive Mindset

You'll be able to keep going if you retain an optimistic attitude. It allows you to see the bright side of any situation and assists you in visualizing your objectives, allowing you to achieve them.

They provide you with direction and a sense of purpose. Regrettably, not everyone has realized this. Only 3% of the world's population of 7 billion individuals really write down their aspirations.

Congratulations if you're in the group of people who have written down their goals! You're already ahead of the majority! The next stage is to cultivate a positive mindset in order to increase your chances of achieving your objectives.

You'll almost certainly fail if you don't have a positive mindset and the will to attain your objectives.

Anyone who has made a half-assed New Year's Resolution knows what I'm talking about. You choose a goal from a list of things people desire to accomplish, work hard for a few weeks, and then give up.

This occurs frequently, and it occurs because people overlook or are unaware of a vital stage that is required when pursuing one's objectives. It's known as cultivating a good mindset.

You'll struggle to push through the ups and downs of pursuing your goals if you don't have a positive mindset.

Why do so many people skip this step?

It's a subject I often ponder, and the answer becomes clear when I examine my own goal-setting history.

What changed? It took me four years to actually act on my goals and decide to pursue them aggressively, but what changed?

When I think back on those four years, two things come to mind:

1. I felt so frustrated with not being able to travel anywhere that reaching my goals became a necessity rather than a desire. I needed to break free from my rut. I needed to adjust my ways and stop being such a drop kick. I was drinking virtually every day and spent all of my money on parties until I decided to pursue my dreams. So it was simple for me to declare that I would set goals and then live in a dream world where I believed I would one day attain them. Alcohol is particularly adept at creating false worlds. So it was only a matter of time before I recognized I wasn't making any headway and was entirely deluded.

I was prepared. It all boils down to reaching a certain level of maturity. I was young and immature when I first devised my objectives. I just wanted to be young and carefree, as you can see from point one. This includes all of the drinking and time off. I worked during the week and was only willing to commit to that. If you're

going to make that change, you'll need to reach a certain level of maturity. This is what prevents people from progressing to the next level, which includes making some significant sacrifices. You'll be astonished a thousand times over if you honestly believe you can reach your goals without making any changes or sacrifices. Reaching your objectives necessitates sacrifice, 2. and I wasn't ready or willing to make that sacrifice until the beginning of 2017. The following are the steps I took to cultivate the positive mindset you'll need to attain your objectives. Let's begin at the beginning.

What Are You Trying to Achieve?

The first step toward developing a positive mentality is to figure out why you need one in the first place. This entails, you guessed it, setting objectives.

As I previously stated, without them, you will be without direction and will not need to modify your thinking.

1. Establish Your Objectives

Your objectives decide where you wish to go. As a result, they must be measurable and detailed. Here's an illustration of my major goal:
\$1,000,000 by the 12th of March, 2020
Take note of how I have a precise number and a precise date. This gives me a goal to strive for. It informs me of how much I want and when I want it. Since then, I've refined this objective to be less about the money and more about giving

back, but for the sake of this essay, we'll keep it simple.

Here are a few pointers to keep in mind if you're having trouble determining your objectives:

- **Your aim must be precisely what you desire.**

Not what you believe you're capable of, what you believe you should do, or what others expect of you. You'll lose interest in the process and fail if it's not exactly what you desire.

- Make your objectives SMART (without the 'A').

S = Specific: Make a list of everything you want.

M = Measurable: How will you track your progress and set benchmarks?

A = Attainable: This one does not appeal to me. It forces people to set limits on what they can achieve, in my opinion. Look at Elon Musk.

R = Relevant: When it comes to personal goal setting, this implies setting a goal that will bring you where you want to go in life. Return to creating a goal that is just what you desire. It's critical to get this right. For example, if you want to save a specific amount of money by X date, don't establish a goal of wanting to visit the world. Your objectives must be in sync.

T = Time Restricted: This is essential for completing a task. You allow yourself to procrastinate if you don't set a deadline for when you want to achieve it. You're locked in if you have a specific date in mind.

3. **Figure Out Why You're Banging!**

You know what you want to achieve, but why did you chose it?

Why do you require such a large sum of money?

What motivates you to lose weight?

Many people believe that their why is their aim, however this is not the case. It's the hidden motivation for getting out of bed in the morning. It's why they keep striving and why they desire to achieve their unique goal.

As I previously stated, I've devised the above-mentioned goal. That's because I discovered that my goal was a sham. There was no depth to it. It didn't serve any purpose.

Working for that objective was enjoyable at first, and it changed my life, but as time passed, I lost interest because I had no emotional attachment to it.

I couldn't explain why.

I finally figured out my actual why after a long brainstorming session.

4. **Make Your Choice**

It's time to take the leap now that you know what you want to achieve and why you want to achieve it.

Before you can even consider formulating a plan, you must first make the essential decision to pursue your objectives.

Everyone gets trapped here, and most people give up.

You start making excuses and talk yourself out of it. I'll list the three most popular justifications and respond to each one:

- This is not the right time.

There will never be an ideal time to start working on your goals. There's always something you can cite as a justification. Work responsibilities, family concerns, insufficient money, and a lack of mastery of the abilities you require. Here's a hint: there is no such thing as the ideal moment. You must take some risk at some point, and that time has come.

What will others think of you? When you initially decide to pursue your dreams, you have a lot of fear of being judged. To be absolutely honest, I've never heard of it before, but I'm sure it impacts a lot of individuals who are looking for something new. I'm going to tell you about something I think about when I'm preparing to try something new. As a heads up, it's quite violent. Nobody gives a damn! No one cares what you're doing, and no one is looking at you. People act as if they are on a pedestal, with everyone watching their every move. Surprise, no one is watching and will never be watching if you continue to follow the pack. You haven't done anything noteworthy yet, yet you already believe you are the center of attention? Stop worrying about what others think and instead concentrate on what makes you happy.

What if I don't succeed? When I was in year 7, I had a period in which I failed all of my tests (it lasted most of high school). My father sat down with me after a streak of failures and asked why I wasn't trying. What's my reaction? I'm afraid I'll fail, so why bother? My father looked at me and said that was the most ridiculous excuse he'd ever heard and that it was total nonsense. He was correct, and I never used it as an excuse after that. Imagine believing that even if you put in 100 percent effort, you'll still fail. Now that I think about it, it's foolish, and anyone who uses it as an excuse isn't truly committed to their goal.

4. Create a Strategy

Now that you've finished your rant, it's time to work on your strategy.

You've persevered through all of the deliberation and have arrived at the final stage of goal development.

It's now up to you to figure out how you're going to get there.

At this point, you should break down your major aim into smaller objectives.

This is how I split things down:

Yearly goals, six monthly goals, quarterly goals, monthly goals, weekly goals, and daily goals are the main objectives.

It accomplishes two things by breaking down my core goal so thoroughly:

1. It informs me exactly what I need to do each day to get closer to my objective. Making the creation of my to do list a lot easier and faster.

2. It gives the impression that my goal is reachable. When I look at my overall goal of \$1,000,000 by December 31, 2020, it seems unachievable, but when I break it down, my daily goal is something like 'create a blog post.' Much more feasible.

Now that you've laid the groundwork, it's time to cultivate the positive mindset you'll require.

Developing an optimistic attitude

Two aspects must be considered in order to develop a good mindset:

1. Your physical surroundings
2. Your thoughts

They both work together, and if you don't have a good balance of both of them being at 100%, your goals will suffer.

That is exactly what occurred to me recently. I had a positive mindset, but my physical environment had become negative since I left my full-time job. The barrier between relaxing and working blurred as I worked from my bedroom, and they both blended. I couldn't tell the difference between the two.

Just Start

"Procrastination is more than delaying; it is not waiting." The American Psychological Association quotes psychologist Joseph Ferrari as saying, "It is a decision not to act." "It is highly beneficial and useful to gather information in order to make an informed decision, but when one merely continues to gather information past the point of appropriate resources, one is being indecisive, and waiting is unproductive."

So, what's stopping you from making that first push to get started, and how can you overcome your resistance and dive right in? Here's what science has discovered about our sophisticated procrastination brains.

The Brain Science Behind Our Hesitancy to Start

Every one of us has our own set of stumbling blocks. Perfectionism. Time is of the essence. Impulsivity. Disorganization. Choose your poison. The core cause of postponing the commencement of a task, according to neuropsychological research, is not due to a single element. It's based on any of the nine parts of executive brain activities deviating from their normal course.

In their 2012 study of college students' study habits, the researchers write, "Procrastination is increasingly recognized as involving a failure in self-regulation such that procrastinators, relative to non-procrastinators, may have a reduced ability to resist social temptations, pleasurable activities, and immediate rewards when the... benefits of preparation are distant."

That means impulsivity, self-monitoring, planning, activity shifting, task initiation, task monitoring, emotional control, working memory, or orderliness can all prevent you from starting a task. To put it another way, your obstacles to getting started can be completely different from someone else's.

According to the study, while low conscientiousness may be the cause of procrastination in some people, perfectionism may be the problem in others.

Thinking critically about the fundamental reason of what is preventing you from getting started will aid you in overcoming that barrier.

Break tasks down into baby steps

Regardless of how much money you want to make from your business or what kind of enormous success you want to reach in life, you must begin with baby steps. Many people are unaware that it is their baby steps that are accountable for their achievement. They want to succeed large but refuse to start little, which is why they fail.

Let's face it: we all want to be wealthy, famous, and successful, and we all want it now. The difficulty is that it all started little, no matter what you want.

There is no way to bypass the steps and arrive at your destination in one go.

The journey of a thousand miles begins with a single step, as Lao Tzu said. The majority of people want to skip ahead to the end of the process.

Every major achievement began as a modest step. Every master started out as a novice.

Champions do not appear out of nowhere. They have to be made.

You must first sow before you may reap. Many people, on the other hand, desired to reap before they sow.

They are unwilling to put in the effort. They are unwilling to go through the procedure. They seek a quick fix to attain the large results they want right away.

Before they can run, babies must first learn to walk. So, what makes you think you can go against nature's law and skip the process in order to achieve your goals?

Why Baby Steps are Important to Your Success

Baby steps, my friend, are crucial. They are required in order to attain the desired outcomes.

If I didn't write every day, one word at a time, this site would never have grown into what it is now.

For example imagine I started a blog in 2015, it consisted of only a few articles. Imagine It now includes over 300 pieces of long-form material that attracts search engine attention on a regular basis. Imagine I started this blog from the ground up. But, with time, I resolved to take small measures. It helped me get to where I am now.

The same may be said for everything else you wish to do in your life. Start small, regardless of what you wish to accomplish.

One single step at a time is all that is required. You'll get there eventually if you do everything correctly.

Practice Gratitude

Gratitude has incredible benefits, from improving our mental health to enhancing our interpersonal relationships. In our mindful guide to gratitude, we'll show you how to be more grateful.

Gratitude practice can be transformative: it has far-reaching consequences that range from improved mental health to improved interpersonal connections. Gratitude allows you to appreciate the small victories in life, such as the bus arriving on time, a stranger holding the door for you, or the sun shining through your window when you get up in the morning. Each of these small experiences

adds up to a web of happiness that enhances your ability to see the positive over time.

It's not difficult to increase your capacity for gratitude. It only takes a little practice. The more you focus on what you're grateful for, the more you'll notice there's more to be glad for!

1. Begin by looking around.

Take note of the thank yous you express. Is it really that much of a habitual reaction? Is it a spur-of-the-moment remark, an afterthought? When you express gratitude in small transactions, how do you feel? Are you stressed, tense, and a little sluggish? Examine your body to see if you're already physically moving on to your next interaction.

2. Decide on one encounter every day.

Stop for a moment and take note of your instinct to say "thank you." Can you think of something for which you're grateful, even if it's not the gesture itself? Then express gratitude.

How Do I Practice Gratitude?

There are two crucial components to practicing thankfulness, according to Robert Emmons, a psychology professor and gratitude researcher at the University of California, Davis.

1. We acknowledge the excellent things we've received
2. We recognise the role others play in bringing goodness into our lives.

Most of us understand the importance of thanking those who assist us or simply acknowledging the things we are grateful for in life. Gratitude has been connected to a variety of benefits, including enhancing your immune

system and sleep patterns, feeling more hopeful and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and alienated, according to research.

Do you want to take advantage of some of these advantages? Begin by cultivating a gratitude habit.

Set Goals That Excite You

Goals are similar to landmarks on a map in that they reassure you that you are on the correct track.

But first, let's talk about objectives and how they motivate you to do more than you ever imagined.

Your professional calendar as a small business owner should be a road plan with goals and successes. They can be a succession of little goals or a single huge goal that will assist you in achieving your desired result. The goal is to build a framework that is rich in successes and "wins." Small victories and a list of successes boost your professional confidence. This self-assurance will help you approach new difficulties with enthusiasm and a desire to do more. Completing a target, no matter how small, will keep you on a "business high" and provide clarity when you're unsure.

You'll eventually look forward to challenges because you'll be able to look back on previous achievements for inspiration and courage in the future.

Setting objectives that are so high that they excite you is always a good idea! Creating goals that thrill you will motivate you to continually push yourself beyond what you previously believed you were capable of. Excitement generates fresh and novel thoughts, which in turn generates a list of new and novel ideas (rinse and repeat). Finally, the concepts that once terrified you are now propelling you toward your next goal and challenge.

Allow yourself to be challenged, to achieve modest victories, and to set goals that inspire you! You'll be proud of what you've accomplished when you look back.

Remind Yourself Why Your Doing It

Life can be difficult at times. There are moments when there is simply no motivation to do anything. But don't be alarmed if you're feeling this way. These emotions influence each and every one of us at some point in our lives.

When you're feeling low on motivation, think of the things that keep you going, the things you're glad for and appreciative for, such as your family or friends. Knowing why you do things can have a significant impact on your motivation when it comes time to accomplish the task you need to do.

We humans are extremely reliant on those around us. They look after us and we have a good time with them. They are a major source of motivation for our success and happiness. This is an excellent thing to remember whenever you're feeling depressed or don't feel like doing anything. When you're feeling down, look to the people around you for motivation to achieve your goals. It could be to make our friends and families proud, to assist them in living better lives, or just to have more time to spend with them. When you're feeling low on motivation, think of the things that keep you going, the things you're glad for and appreciative for, such as your family or friends.

If you can figure out why you do the things you do, you'll be able to decide whether or not they're worthwhile. Take, for example, school. Most of us don't always want to go to school or do our homework, but it is in our best interests in the long run. One of the reasons we attend school is to learn about the world before being thrust into adulthood. It's also crucial to consider the activities you don't enjoy doing and figure out why you have to do them, what function they serve. When you quit doing things that don't serve you, you'll have more time to focus on the things that actually important to you and will benefit you.

Finding your motivation allows you to concentrate and achieve your objectives more quickly. Think about why you're doing the task and how you'll profit from it whenever you're feeling sad about it or don't feel inspired.

Reflect On How Far You Have Come

Its ridiculously simple to forget to look back and see how far we've come in our life. Our society places so much emphasis on what we lack wether its money, beauty, prestige or romantic success- that its all too easy to get caught in the cycle of needing to have, be, or do "more" before we consider that we're good enough. I, for one, do it on a regular basis.

We're always talking about how we should "be present" and live in the moment. We feel bad about looking back or forward in time, believing that we shouldn't gaze too far ahead or be concerned about what's to come, and that we shouldn't get too caught up in what's already happened. We want to concentrate on being the best person we can be at this moment.

We frequently forget, though, that it is possible to look back on our past with affection, rather than obsessing on it. We're frequently so preoccupied with living in the moment that we forget to look back and see how far we've come.

I suppose you could call me a productivity junkie. I enjoy doing activities that benefit me in some way. I enjoy the feeling of doing something good for myself, whether it's fitting in an extra thirty minutes of yoga or ten minutes of meditation, or listening to podcasts or reading the news instead of watching television. I get so caught up in trying to be a "better version of myself" that I forget to enjoy who I am now.

Here are a few pointers to help you see how far you've come:

- 1. Take a seat and take a deep breath.**

When a thousand voices and fears are circulating through your head, it's difficult to hear the truth. It can make a great difference to sit down for five minutes and let the voices fade away.

2. Ask yourself, "Where was I last year at this time?" What was it like five years ago? Ten?

Your responses will, without a doubt, surprise you. Change happens slowly, making it difficult to notice, but it is always happening, whether we notice it or not.

3. Go over your notes again.

Reread some of your old entries if you keep a journal or blog. When you see what was bothering you back then, you'll find written evidence (in your own hand!) of how far you've come.

4. Make a list of your achievements from the previous year or five years.

I don't care how insignificant or inconsequential they appear to be, write them down! Then take a look at that list and consider how much you've accomplished.

5. Appreciate the small victories.

Try to notice when you take even the tiniest step toward your goals as you go about your day, and be

sure to acknowledge it in some way. Even simply putting it down in your journal will provide you with that sense of accomplishment.

Eliminate Distractions

Hundreds of decoys and distractions are rushing into the driver's seat of your life, and if you let them, they will take over the wheel. They usually promise incredible benefits and impacts, but all they do is prevent you from doing vital things and attaining your significant goals. If you want to achieve your goals and desires, you have no choice but to minimize distractions.

When you're at work, there are numerous techniques to control and minimize these distractions.

1. Get Rid of Bad Habits

To enhance your energy, manage your living habits by getting enough sleep, eating a good food, and exercising. Turn off the television or, better yet, relocate it to a less-used room. Create a nightly ritual to help you sleep better.

These simple steps can give you a clearer mind and more energy to complete your tasks, as well as help you break negative habits. They will teach you to value relaxation and physical health. Once you understand the condition of wonderful health and clarity, the negativity voices from the media vultures won't be able to reach you as readily.

Remember, a broken machine won't go you very far. To avoid feeling overwhelmed and losing attention, you'll need it well-oiled and ready for a challenge. You want to be a long-term achiever, but you'll burn out quickly if you don't get enough sleep, eat a nutritious diet, and exercise.

2. Clear Out Your Mind

A cacophony of voices, texts, tweets, sales pitches, and eye-catching headlines compete for your attention. You hear a music on the radio that keeps repeating in your head, and you can't hear your own voice over it.

The first step is to recognize that you're operating on autopilot. Turning it off is the next logical step. Fighting your default mechanism is difficult at first, but with effort and attention, you can overcome it and stop your mind from racing.

Start practicing impulse control and focusing on the present moment. If you get into a flow state, writing your report will be much easier.

3. Before you begin, make sure you have a clear picture of your day.

Spend a few minutes in the morning, before your workday begins, controlling your schedule. Using the Covey time management matrix is a wonderful way to get started. Set your priorities and decide which chores are actually necessary and urgent that day, which are not as urgent but still significant, and

which you should avoid, either by delegating or removing them entirely.

This third sort of activity can be challenging since it typically involves urgent but uninspiring topics, such as questions from coworkers about their difficulties, phone calls, and emails that you answer by default because you've always done it and that's how it's always been. Instead, take command and make a clear decision about what you'll do when they knock. Once you've made it, hold on to it and follow through mercilessly.

Follow Inspiring People Who Motivate You

Only a small percentage of people take the time to grow personally. Do you ever feel like you don't belong when things in your life start to change? I recall a time when I was having trouble connecting with my old pals and hadn't yet met new people who shared my hopes and goals. It's an odd location. I did, however, make new pals over time. When you try to explain what you're doing now to your former friends, it gets a little strange.

"The effect of others around us is so strong, so subtle, and so gradual that we frequently aren't aware of how it might affect us." Jim Rohn is a well-known author.

As a parent, I'm interested in and concerned about who my children hang out with. It's odd, though, that we don't have those fears for ourselves as adults. I suppose we're all impervious to influence now that we've all grown up.

