



“When I open my eyes in the morning I am not confronted by a world, but by a million possible worlds.”

– Colin Wilson

## How to use NLP for increased energy and motivation.

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To increase your energy and feel motivated, you need to assess your goals first.

**What are you working towards?**

Make a list of what you want. This in itself is motivating.

Then, focus your mind on one outcome that would give you immense happiness. Maybe a vacation, or a promotion. Anything. Feel the happiness welling up within you. As you see yourself actualising this long cherished dream, you will feel excitement pouring into you.

**Some other tips to help you stay motivated:**

Challenge yourself continuously. When you stagnate, motivation dies and you feel caught in the routine stuff.

Take a few moments to feel gratitude for where you are in life.

Find enough ‘you’ time – for meditation, relaxation and indulging in activities you love to do.

Focus on past successes. Remember how it made you feel. Feel the excitement you experienced when you made that first breakthrough or got that raise.

Motivation is a state of mind which you create, don't wait for ‘it’ to happen.

The above exercises will help you feel the thrill of motivation and the excitement of renewed energy in your life, every day and every hour. ■

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Remember how it felt like when you were a kid, how you used to jump out of bed and bubble with excitement? Imagine what it would be like to feel that same way now – about your work, your friends and family and your life as a whole?

First, understand that motivation is a state of mind. If you get up from bed and tell yourself how you hate your day, chances are you'll scrape your toe on a cupboard, burn your fingers on the toast and get a good dressing down from your boss.