

MOTIVATION/DISCIPLINE MADE EASY

Is that really possible? Can being motivated and disciplined be easy?

Simple answer: Yes. But you've got to understand what really controls your motivation in order to create the discipline you've always wanted. So, what really controls your motivation?

Just two things, and they work together to push you in one direction. The two things that control your motivation are Pain and Pleasure (I know, you thought you were more complicated than that... I thought I was too)

We're always trying to get away from pain and move toward pleasure (either a pleasure that will fix the pain we're facing or just some form of pleasure that will allow us to escape pain)

That's it! So here's what we're gonna do. We're going to find your Pain and Pleasure dials and I'm going to show you how to start using them to create the motivation and discipline you've always wanted

Step 1 Big Picture:

Getting clear about what you really want to do (not something small and definitely not what others want you to do)

Get clear on what you really want by answering the following questions as best you can:

1. If you could have anything you wanted, what would you have with your

Health?

Business/Money?

Relationships?

Which of the above is most important to you right now? _____

Use this most important answer you just gave to work through the rest of this worksheet (you can always come back and work on the others at another time)

PAIN: Our goal here is to increase the Pain, as much as we can, around NOT doing this

1. What happens for you if you don't start working toward this in the next 6-12 months?

2. What happens for you if you don't ever work toward achieving this/never achieve it?

3. Who else will be affected by you not working toward this? _____

4. How are they affected?

5. How will it affect them if you never work toward achieving this/never achieve it?

PLEASURE: Our goal here is to increase the Pleasure, as much as we can, around doing this

1. What could happen for you if you spend the next 6-12 months working to achieve this?

2. What happens for you if you achieve this?

3. Do you consider achieving this a positive thing for you? _____ How positive? _____

4. Why? _____

5. Who else is affected in a positive way by you achieving this? _____

6. How will this affect them positively?

7. Are you going to start working toward achieving this? _____

8. What are some things you could do to start achieving this right now?

9. Of the things you could do that you just listed, which is/are most important?

10. Are you going to doing this/these things now? _____ If not, when? _____

Step 2: Taking Consistent Action

Imagine that you are going to start doing this/these things, and notice the pain there. What feels like it's wrong, or off, or why it's not going to work? Don't judge these feelings, just notice them. This is the pain that's stopping you.

To prevent this pain from stopping you any longer, you need to adjust it just like you did with your Big Picture. 1) Build greater pain around NOT doing it and 2) Build the pleasure as high as you can around doing it. Do that now by answering the following questions below

Building the Pain around NOT doing it

1. What happens for you if you don't start taking this action today?

2. How do you feel at the end of the day knowing you did not do this?

3. What happens for you if you don't do this all week?

4. How do you feel at the end of the week knowing that you didn't do this?

5. What happens for you if you don't do this this month?

6. How does that make you feel?

7. Who else is affected by you not doing this and how are they affected?

Build the Pleasure around doing it

1. What are the immediate benefits of beginning to achieve this?

2. What positive things will you experience daily?

3. How do you feel at the end of the day knowing you did this?

4. How do you feel at the end of the week after doing this all week?

5. What results could you get after doing this all week?

6. How do you feel at the end of the month after doing this all month?

7. What results could you get after doing this for a month?

8. After 6-12 months, how do you feel and what results could you get?

9. How does this make you feel?

10. Who else is positively affected by you doing this and how are they affected?

11. Do you need to perform at a particular level to do this, or is it ok for you to just go and do your best?

12. Are you going to doing this/these things now? _____ If not, when? _____

Schedule it: Take a moment and schedule this on your calendar as a Non Negotiable time

Get accountability: Think of someone who supports you in achieving more. Reach out to them and let them know that this is what you will be doing and let them know that you will send them a text once you have done it and you will be sending them texts every day (or at whatever frequency) that you do this.

A sample text for accountability: "I will be doing _____ at this time, four days a week. Would you please account for me on this task? It's really quite simple. I will be sending you texts every day after I have completed this task. If for some reason I do not send you a text, you can follow up and ask me if I did what I said I was going to do and if not, why?"

Dream Scene: Bringing all down to one moment, one point in time

Write your goal here in the present tense. This is quite simple. Take the answer you said was most important at the beginning of this worksheet and rewrite it beginning with “I am”, and then state what you want to achieve. Example: I am 50 pounds lighter and at my goal weight. Or, I am earning \$50,000 a month in my business and am financially free. Or, I am in a loving relationship where my partner and I respect one another and enjoy spending time together.

Now imagine you’ve already achieved this and imagine what’s going on around you. What’s one thing that would be happening for you that would bring you a lot of positive emotion?

Take a few minutes and really feel this moment and notice how this makes you feel. What you just practiced was a Dream Scene and by practicing this scene every day you will soon be able to motivate yourself simply by thinking of this Dream Scene and feeling it for a few moments.

Until your Dream Scene is sufficient to motivate you, keep rereading through this sheet and the answers you gave along with practicing your Dream Scene every day and you will find that being motivated is actually easy. Keep motivating yourself this way until you find that you’ve created the discipline that keeps you going no matter what. This is Motivation and Discipline the easy way.

This worksheet will produce motivation and discipline in you because it works at the base level of what motivates all humans, Pain and Pleasure. However, sometimes there are beliefs that will even stand in the way of you being able to do this worksheet and stick to reading it every day. I know this because I used to be one of those people. No matter how much I wanted it, or how hard I tried, it always seemed as if life got in the way and I couldn’t stick to it. I spent too many years feeling horrible, thinking that something was wrong with me and never getting the results I wanted (and deserved). Don’t do that. It’s a waste of time. Instead, check my page where I share with you what’s actually holding you back and what you can do to overcome it.

<https://www.mattmorganM3.com/>

Wanna check out our M3 family and see if that's something you'd like to be a part of?

Hop in our private Facebook group M3 Mind Move Manifest. This is where we share all the goodies on how to actually change your life in a way that produces the results you want without going nuts...for free, and there's no haters there because we don't allow it. Just support. Check it out and request to join here:

<https://www.facebook.com/groups/m3mindmovemanifest/>

◆◆◆ Come join us on social media too (if you like to connect that way) ◆◆◆

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