



MODULE EIGHT

Motivation To Be Indistractable

***How to be motivated in the
direction of your goals.***

Momentum = Progress

HIGH-PERFORMANCE

Being above standard norms and staying there consistently for the long run.

Here are eight steps to have an
indistractable focus.

1 - Understand what motivates you

Why do you want the goal? You can't stay motivated towards something if you don't know why you want it.

Your **why has to be so powerful.**

There has to be a purpose or meaning behind it.

2 - Incentive-based motivation & consequences

What will you reward yourself with after hitting a short-term goal?

If you don't hit the deadline, set up a consequence.

These will hold you accountable.

3 - Write down your goal.

Science says that people who write down their goals are 42% likely to accomplish them.

This will remind you why you're working so hard.

Helps you create a plan for achieving them.

4 - Set small milestones for your goals.

Setting milestones can help you stay focused.

Breaking a larger goal into smaller chunks can feel more achievable.

5 - Action

Create and follow an action plan.

Planning will help you stay focused by identifying the smaller tasks that are involved in a larger goal.

Create weekly and monthly to-do lists with tasks.

6 - Have a planner and accountability.

Have a management system and a coach.

*When you manage your
time effectively, you'll
have enough time to
complete your goals.*

6 - Have a planner and accountability.

Have a management system and a coach.

Use the Pomodoro Technique to focus on your goal.

- work for a hundred minutes and take a 25-minute break.

Without planning and prioritization, you won't take the necessary action towards your goal to push the needle forward.

7 - Clean up your work environment.

Clean up your office and desk so you can easily find what you need.

Gives you focus and mental clarity as you work towards your goals and objectives.

***Your environment must inspire
you to stay motivated.***

8 - Measure your goal.

What gets measured gets done.

It gives you an accurate timeline for completion and motivate you to keep working towards achieving your goals.

Here's the takeaway:

**As a high performer, you need to
acknowledge your progress instead of always
seeing what needs to be done.**

Motivation is something that you have to generate on a consistent basis.

In summary...

***Clarity, commitment, action, and ambition
are your pillars of motivation.***

Raise your standards for what you believe is possible for yourself.

That way, it'll materialize faster than you ever thought possible.

Get Motivated Fast

- Find somebody who has achieved the thing that you want to achieve.
- Success leaves clues. Study them.
- This will light a fire under your butt to get moving.

Sustain Motivation

- **Visualize yourself in the future already having achieved your goal.**
- **Acknowledge and feel proud of yourself at the end of the night.**

High performance is not just about achieving things. It's about feeling things, and that's how you can live a fully energized and fulfilled life.

Grab Inspirations

- Surround yourself with people who are showing you what's possible, who motivate you, who lift you up, and who inspire you.
- Consume content that fires you up every morning and grab that inspiration.

You go faster with a master!

**Get a coach who inspires you.
Because that's going to speed up
your results.**

If you tell somebody you're going to do something, then that's going to hold your feet to the fire.

If you take these steps that I laid out, you'll see massive changes in all areas of your life.

Because **everything will change for you.**

You'll feel more productive.

LISA G

Get personalized support.

VIP one-on-one personalized coaching available for a limited time.

lisag@lisagfit.com



Go out there and take action!



CONGRATULATIONS!

**You have completed all the
modules in this program.**

