

Module 8 Transcript

Motivation To Be Indistractable

In this module, we are diving into how to be **motivated** in the direction of your **goals**.

We're diving into systems for **motivation** and **momentum** giving you the edge to accomplish more faster.

When you implement these systems, you'll achieve next-level high performance and won't lose motivation again. Because **momentum equals progress**.

We all struggle with motivation from time to time. I know I have.

I'm giving you tools to generate, elevate and sustain motivation long-term.

This is what high- performance is all about. It's about being above standard norms and staying there consistently for the long run.

The good news is, it's motivating to know that if there's somebody else who's already done it, you can too, and faster. But when you lose motivation, it's a slippery slope. It's when you just don't feel like doing anything, you just want to chill and watch Netflix. That can be painful when you have big goals and dreams, and you're sitting there watching Netflix.

We all lose motivation *at times*.

When you master these steps, you'll never lose motivation again.

So, let's dive in with how to have an indistractable focus.

Step one is you need to understand what motivates you.

The way I have my clients stay focused on their goals is to deep dive into what motivates them. Either intrinsically or extrinsically.

Why do you want the goal? There has to be a purpose or meaning behind it.

A lot of my clients say, my goal is to make more money, and then I'll ask **why** you want to make more money. What are you going to do with it? Because you can't stay motivated towards something if you don't know why you want it. Your **why** has to be so powerful.

So when things aren't going your way and it's not easy to keep going, you have a powerful why. You must remind yourself of it daily. Otherwise, you aren't going to show up to take the steps you need to take to get to the goal.

This is the foundation of success. **Knowing your why.**

Step two is to stay motivated with incentive-based motivation and consequences.

I have my clients reward themselves for reaching milestones. For example, if you finish a project by the end of the day, treat yourself to a gift. I know for me a new pair of shoes is all the motivation I need. For another client, it's a facial, or for Randy, it's an exotic vacation.

What will you reward yourself with after hitting a short-term goal? Think about it.

You should set up both consequences and rewards for taking action to hit your targets.

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

Some of my clients thrive with consequences and some thrive with rewards.

By setting up both, you know how both things are in place to hold you accountable.

As a consequence, some of my clients will bet money. If they don't hit the deadline, they owe a hundred bucks, and they don't want to give up that hundred bucks, so they follow through. So, paying money could be a consequence.

A reward could mean setting up a vacation, a really nice bottle of champagne, going out to a great dinner or even just taking the weekend off.

What is a reward that will motivate you? When you hit that deadline, you need to treat yourself! Because we all want the good life.

Step three is you have to write down your goal.

I then have my clients write down their goals and keep the list **visible**. This is their mission statement.

Science says that people that write down their goals are forty two percent likely to accomplish them. This strategy can help remind you why you're working so hard. It'll help improve your focus and help you crush goals.

Writing down your goals helps you create a plan for achieving them. I also make sure that their goals are S.M.A.R.T. - specific, measurable, achievable, realistic and time-bound. This strategy can help you reach your goals. For example, setting a goal to complete a project by the end of the quarter.

Step four is to set small milestones for your goals.

Once you've set a goal, set milestones to achieve it. This helps when you have a large goal.

Setting milestones can help you stay focused by breaking a larger goal into smaller chunks. This way it can feel more **achievable**. For example, my client Luc has a goal to launch a startup business by the end of the year. He must set milestones for coming up with a vision, writing a business plan, getting investors, and launching a website and social media. Then it all comes down to...

Step five is action.

Create and follow an **action plan**. Knowing what milestones will help Luc launch his startup is his plan.

Planning helps him focus by helping him identify the smaller tasks that are involved in a larger goal. One strategy that I love for goal planning is to schedule time to work on your goal. I have Luc work on his new venture from 7 to 8 pm and have told him to make his family aware of his commitment to work at that time.

You can use a weekly planner to help you schedule your tasks to crush your goals and have a coach to hold you to unbreakable levels of accountability. After that, we then break down his goals into smaller bite-sized tasks.

Create weekly and monthly to-do lists with tasks that help you work towards your goal to help you maintain focus on crushing it.

Here's how to **reverse engineer** your goal.

If you want to make seven figures in two years, you can break down how much money you'll need to make in your business every day, month, hour, and quarter. Now you have your **roadmap**.

Next, decide how many products you have to sell. What is the price point? You'll now have clear action steps.

You can visualize your goal. You can find other people who have done it and if they can do it, you can too. When you believe it's possible for you, motivation isn't an issue.

Step number six is to 10x productivity with a planner and accountability.

Because I get distracted, what works for me to hit objectives is a time management system and a coach. Without that, I'm like a squirrel and see shiny objects that distract me everywhere I look. And I end up feeling bad because I didn't get the main thing done.

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

I also recommend and love the Pomodoro Technique to focus on your goal. You can even buy a Pomodoro clock and try it yourself.

Here's a Pomodoro Technique that I love. You just work for a hundred minutes and take a 25 minute break. This technique can help you stay motivated and focused on your goal. Because your mind can't stay focused for hours and hours and hours on end. Without planning and prioritization, you won't take the necessary action towards your goal to **push the needle forward**. This will help you stay away from getting stuck in busy work.

Step number seven, you need to clean up your work environment.

For Luc to stay focused on working on a startup, between seven and eight pm, I had him clean up his work environment to maintain concentration on his goal. If your work environment includes distractions, consider ways to limit or minimize them. You know what I mean like emails, phones.

Here are a few examples of ways you can avoid distractions to focus on your goal.

Clean up your office and desk so you can easily find what you need. This can help you maintain focus and mental clarity as you work towards your goals and objectives.

You need to make sure everybody understands that when the door is shut, they don't come in and interrupt you when you're working towards your goal and dream.

Your environment must inspire you to stay motivated.

Step number eight is to measure your goal.

What gets measured gets done. To crush your goals, you need to measure your goals and your progress towards your goal each day, week and month.

Measuring your goals can give you an accurate timeline for completion and motivate you to keep working towards achieving your goals.

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. Remember a power plant doesn't have energy, it generates energy. The same principle applies to motivation. We're not always motivated, but we generate **motivation**.

In summary, clarity, commitment, action, and ambition are your pillars of motivation.

Remember it starts with clarity and commitment. If you're not **clear** on your goal, you can't make progress.

So now you have **clarity** and **commitment** to taking the steps that you laid out for yourself, and now you have **consequences** and **rewards**. The next steps are **ambition** and **action**.

We all want something either **more wealth, better health, or a better relationship**.

Motivation comes from **clarity, commitment, ambition, and action** and raising your standards for what you believe is **possible** for yourself and what you're going to **do** to achieve it **daily**.

Because that way it'll **materialize** faster than you ever thought possible. Otherwise, you're just going to keep creating the same results.

The way to speed this up is to model success.

Find somebody who has achieved the thing that you want to achieve. Model them, study them. Success leaves clues. This will light a fire under

your butt to get moving. What skills do they have? Because the skills you need can be modeled. They might be better at **influence** than you or maybe better at **persuasion**. Maybe they have a better **network**. Whatever it is, you need to study the people that have done what you want to get **motivated**.

The next step is to **sustain it**.

This is the internal game.

You must **visualize** yourself in the **future already having achieved your goal**. Your action plan is to plan out your five moves that you need to do daily to hit your goal and acknowledge your progress daily. Put it in a journal every night before you go to bed. Acknowledge and feel proud of yourself at the end of the night.

Because if you're here with me right now, you have a resiliency that not a lot of people have and I acknowledge you. I know sometimes it's not easy. I want you to acknowledge yourself. Look back at how far you've come.

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.

Next, you have to grab some **inspiration**. So, how do you stay motivated towards something if you don't have the inspiration? 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.

For me, I listen to Tony Robbins. That helps me stay motivated every morning to go after my dream.

So, level up your squad and go get a coach or an accountability partner. Get somebody who's actually going to follow through. Somebody who's going to motivate you, who is going to hold you accountable and hold your feet to the fire. You go faster with a master! So, get a coach that inspires you because that's going to speed up your results. You want to be

congruent with what you say you're going to do. 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.

And if you want to go deeper and be a VIP client email me at lisag@lisagfit.com and you can get personalized support from me to motivate you.

If you're interested, I have VIP one-on-one personalized coaching available for a limited time. If that interests you, great! I would love to support you. It'd be an honor to help you transform.

Sometimes we all need that extra piece of accountability and I would love to be that for you. But the information is all right here my friends, so if you implement it and do the work, you'll see the results.

Go out there and take action!