



Get Motivated Now!

Compiled by Graham A Dragon

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Preface

This book is a compilation of material by different specialists in the field of motivation. As a researcher into personal development systems I have brought together some of the better articles I have found and present them to you here in one handy source. I hope you find this little book helps you get motivated and stay motivated!

For more information and help in motivation, and other self development matters, check out my blog at <http://iwanttoimprovemyself.blogspot.com/>

Chapter 1: Why Personal Motivation is The Key To Success

When it comes to success, a person needs to be able to achieve personal motivation. Personal motivation is what drives us internally and externally to succeed in what ever we want to succeed in.

Without personal motivation, we wouldn't be able to accomplish anything. Personal motivation can be motivation to do just about anything. It can be motivation to lose weight, or to complete a task at the workplace, or to do something that you have put on the back burner for a while. A person can also be motivated to stop doing things such as using drugs, drinking alcohol and smoking cigarettes.

So how do we gain personal motivation? The first thing we need to do is set goals for ourselves. These goals have to be realistic goals and they have to be a possible gain.

We tend to set our goals too high and then fail. This is just a step backward in the personal motivation search. Goals are of utmost importance in gaining personal motivation. They give us the push we need to get the job done.

It is a good idea to write down your goals. This makes it easier to see them on a daily basis and be reminded of what you are reaching for.

Another great strategy is to write up a contract between you and yourself and state the goals in it. Then sign and date the contract. You might even put a deadline for the goals to be met. It is just another way of pushing ourselves into doing something we want.

We also need to look at the objectives. The objectives are going to be what it will take to get us to our goals. Be specific with your objectives. It is a good idea to have your objectives measure what and when the goals need to be done. For instance, an objective might be like this: I will lose 10 pounds in 1 months time.

After our goals have been set and we know exactly what our expectations of ourselves are, then it is time to go to the next step. The next phase to personal motivation is making a commitment to keep after these goals until they are met. Keep pushing on, and then maybe even raising our standards higher.

Never look back on past failures. This really does nothing for our self-esteem. It will only set you back to dwell on the mistakes you have made in the past. Now then, you can learn from your mistakes, just don't keep looking back at them.

Rewarding ourselves when we do meet our goals is very important in this process, as well. We need a pat on the back for hard work and effort. Personal motivation can be achieved if goals and objectives are set and a commitment is made to keep them.

Source: [Free Articles](#)

Chapter 2: How to Discover the Champion in You and Achieve Your Goals

Have you ever felt like your back was against the wall? You didn't know what to do? Everyone goes through periods when they feel pressured.

Why do some people succeed when their back is against the wall, while others fold?

There are many examples of how people perform when they are backed against a wall. Consider how Tim Tebow, quarterback of the Denver Broncos, has been highly criticized regarding his skills as a NFL quarterback. Many have indicated that he should not be a quarterback in the NFL, and that he could not deliver, Tim Tebow found himself with his back against a wall on January 7, while playing in an AFC Wild Card game against the highly favored, Pittsburgh Steelers.

How did Tim Tebow fare against the Pittsburgh Steelers? What did Tebow do? In the overtime meeting of these two teams from his first play, Tim Tebow threw an 80-yard touchdown, ending the game. Denver upset Pittsburgh, and won the game.

How do you respond when your back is against the wall?

Do you drown yourself in self-pity? Negativity won't help.

This is the time to give it your all and never stop believing in your ability to reach your desired outcome.

Do you recall Game Six of the World Series in October 2011? It was the bottom of the 9th inning: two outs, two strikes. The Cardinals were playing the Texas Rangers. The season was almost over, and Texas was about to walk away with the World Series Championship ring.

What could they do with their back against the wall? David Freese, a hometown guy, hit a walk off homerun and the Cardinals won. The Cardinals ultimately went to game seven and beat the Texas Rangers and became World Series Champions.

When you are down to the last plays of the fourth quarter in situations in your life, what do you do?

Perhaps it is the last test in the semester and you need to earn an "A" to pass the class. It could be the end of the quarter and you need to close deals to meet your quota. It could be a deadline you need to meet at work.

Remember the fourth quarter of Super Bowl XLII. The New England Patriots were highly favored to win over the New York Giants. However, Eli Manning's pass to David Tyree in the final two minutes of Super Bowl XLII was a defining catch. With this catch, David Tyree leaped and pressed the ball against his helmet making a catch so spectacular that it has become known as "The Helmet Catch." This play was key in the Giants' 17-14 upset victory over the New England Patriots.

How unlikely, for David Tyree to be a hero in this game. During the 2007 season, David Tyree was a rare target for Eli Manning catching only four passes and no receptions for touchdowns. However, he is remembered as the player who caught the Giants' famous Helmet Catch.

These are all examples of how champions respond when their backs are against the wall, but what makes them different from you and me?

Nothing. There is no difference. Athletes train and dream for the time when they will have their moment to hit the winning homerun like David Freese, to throw the winning touchdown like Tim Tebow, or make a sensational catch like David Tyree in the Super Bowl. This is what they live for. This is what they practice for.

When you feel pressured and are not reaching your goals, try these four steps to discover the Champion in you: (1) Dig Deep and Remain Committed (2) Re-examine Your Goals (3) Visualize Your Desired Outcome and (4) Keep Believing in You.

You have to dig deep and think like a champion. Everyone has some champion qualities in them. However, during challenging times, you have to dig deep, work harder and commit to staying focused on your goals. It is your level of commitment that ultimately distinguishes whether you accomplish your goals or give up. It is your level of resilience that allows you to say "I can" rather than "I cannot."

Always keep your goals in sight. This is the ability to say "I will keep preparing," and "I will continue to perfect my skills even though I may not be

reaching my goals today." This level of commitment will allow you to be ready when your opportunity comes.

The next time you feel like your back is against a wall and you aren't reaching your goals, think about how champions respond. Know that you can be a champion, and that there is a winner in you.

My prescription to discover the champion in you is to Keep Believing in You.

Start today, saying "YES" to the Champion in you!

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Chapter 3: Dream Big

Shoot for the Moon

Why not dream? Why not have outrageous goals? Why do we limit ourselves? There is nothing to be afraid of.

If you set your sights on a lofty goal and really commit to it, you guarantee yourself a measure of success. It's as simple as that!

What is the worse that could happen, you fall short of the true goal but get close? In any case you have made progress.

I can make an argument that if you set a low, easy to achieve goal, while it has nice benefits in building` confidence, and make it, that you would probably make more progress shooting for a higher goal and not making it.

Break the Mold

Don't let the culture limit your existence. You can still make it, the people who are achieving their dreams (or importantly what you perceive to be their dream!) are just like you. The difference is they have acted and committed to the goal. I can not emphasis enough the need to act, to take steps in the direction of the goal you have.

Do not get boxed in by your personal situation, such as age or weight, economic status, lack of contacts etc. etc. There are countless people who have overcome the odds that our culture puts on us. (First off ditch the most common mind set that you're too old to be doing that! You are never too old to do anything, so stop convincing yourself otherwise)

LIVE YOUR LIFE

Each of us have met people with a passion or purpose. They seem more alive than most people! They are engaging and pumped up! (some of us say they are nuts or crazy but that is just a manifestation of jealousy) Whether they achieve their dream or not is beside the point; it's the damn journey that counts. I know it sounds like a cliché but if you get down to it, it's the pursuit of whatever interest you may have that counts. It does not matter what you do as long as you enjoy the activity and improve at it.

Instead of watching others attempt, grow and succeed in their life's pursuits, get off the couch and start participating. No more excuses, no more delays, there is never a better time to get moving than today.

Don't be a bystander in your own life. Start doing the things that improve your life and that interest you.

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Chapter 4: 15 Questions to Boost Your Confidence into Action Today!

Have you ever had a great idea, but you stopped before you even started?

Maybe you thought you weren't good enough, or that it was never going to work out, or that you didn't have the means to do it, or you feared that everybody would think you were crazy?

Or you wished you were braver?

The problem is that if we procrastinate, ignore, or stop the flow of our divine guidance long enough, eventually our creativity dries up.

Last week a client told me that she feared she'd lose her talent to create art. She said, "I keep waiting until I am in the mood to start painting, but somehow it never happens, and maybe it never will."

Her honesty was admirable, and we all recognize ourselves in her. We allow our minds to talk us out of taking action, and we stifle our playful self with all kinds of reasons before we allow our inspiration to flow.

The first step to tap into your creative juices is to take action, and then you'll get in the mood, not the other way around.

It's like Leonardo da Vinci said:

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."

True self-confidence doesn't come from a serious ego but from the Soul, who is playful and connected to your true source of genius. So let's play!

Here's a playful approach to let go of excuses by connecting you to your playful self. Take a moment, write the answers down, and have fun. It really takes the seriousness away.

15 Questions to Boost Your Confidence into Action Today:

1. Describe your perfect day.

2. What single experience has transformed you, and why?
3. What would you do if you were braver?
4. If you had 60 seconds to share the most important lesson learned, what would it be?
5. What are your 5 favorite activities?
6. What's one thing you experienced that blew your mind?
7. Have you ever ignored your gut feelings and then wished you hadn't? Why didn't you listen?
8. How do you drive yourself crazy?
9. What invitation will you get out of bed for at night?
10. What is the best compliment someone can give you?
11. Describe the best meal you've ever had?
12. What do you say to your friend who has lost his/her job?
13. What is something amazing about you that nobody knows?
14. What one eye-opening experience should everyone have?
15. What would make you super-proud if you accomplished it?

Chapter 5: I am so happy that I am still not satisfied

"I am so happy that I am still not satisfied"

This is the feeling which will reveal the Best within you. Try to understand the philosophy behind it, the feeling of being happy because you still not satisfied and want to do something new something outstanding. This will lead to add quality in your life and will make your life the big reason to celebrate.

Satisfaction and Happiness are the two different things together. It is not necessary that you can only be happy when you are satisfied, it's a myth. Satisfaction doesn't bring happiness it's the success in life which brings happiness. The moment you get satisfied with what you are, where you are, your progress will stop right there and will not make you successful because success need that unsatisfied feeling of being not successful in life.

"I am so Happy that I am still not Satisfied" This is the comment of World's Best batsman Sachin Tendulkar on making the biggest record in Cricket History then, scoring double tone in One Day Inning cricket match. His popularity, achievements are beyond this world.

"My Best work is always the Next one which I am going to do now" This is the comment of world Famous Bollywood Actor Shah Rukh Khan after each Blockbuster release, when asked about his best work. The stardom of Him is divine and Beyond the limits.

"Man needs his difficulties because they are necessary for success." This is the saying of Ex President of India Dr. APG Abdul Kalam.

All these people and few more are beyond this world because they have understand this secrete and achieved outstandingly larger than Life things in their lives. There is no comparison of these Great Persons in this World. The one common thing is there in all of them and that is, they are so happy that they are still not satisfied.

So Friends whenever you get angry, when things don't work in your favor don't disturb and keep that fire alive within you. That Fire within you will make you Successful in life. The Life's sole purpose is to feel good and nothing else. What we have to do is to make our Dreams and chase our dreams make them our reality. It will be the best way to live our life. The One thing I want to

mention here is that when you don't have your own dream you will work for someone else's.

Be Happy when you are not satisfied because it will find out the Best within you.

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Chapter 6: Who Says I Can't Run Faster Than Your Horse? - You Don't Know That

All too often individuals in our society are underestimated. Often society tells the individual they can't do this, that, or the other thing. But how would the society know? Is there really that much knowledge of the ability of an individual person in the wisdom of the crowd? I would submit to you that the answer is no. Now, some might say that there is no way that human can run faster than a horse. But that may not exactly be true, there are Olympic athletes who can out-sprint a horse in a short distance, at least certain types of horses.

Therefore, if someone says that an individual can't run as fast as their horse, they are making a blanket statement for which they could be wrong. They are making too many assumptions. Further, I would submit to you, that a superstar competitor, can do almost anything they will their body and mind to do, they can beat the odds, overcome obstacles and challenges, and become victorious. Those who underestimate the strongest willed people and individuals do so to their own peril and folly.

How would I know this? Well, I'm glad you asked, because I've always been considered the underdog, but I've also been underestimated. It's a nice place to be actually because no one is expecting the performance level that you can attain. Perhaps that is because most humans are weak, and even though they hold their "self" in high esteem - they know they have limits and therefore they project those limits onto other individuals. When an entire society, or group of people project their inabilities, or belief that something is impossible onto an individual, they are making assumptions for which they cannot prove.

If someone tells you that you can't do something, generally they are making a statement about themselves, and that they believe they can't do it, and they believe they are pretty good at what they do, therefore if they can't do it, neither can you. As you can see that logic is built on so many false assumptions, it's hardly even worthy to argue. Nevertheless, think about how many times groups of people, perhaps even yourself make assumptions that other individuals can't do something. How on earth would you know?

You don't, and I would suggest that you keep it to yourself, but I know you are only human, and you won't be able to keep your opinions to yourself.

However, what are you going to do when you tell someone they can't do something, and that someone turns around and says to you; "oh yeah, just watch me!" Has that happened to you yet, because I've said that a number of times to quite a few people in my life, but I didn't bother to look back at their face after I just did what they said I couldn't or that couldn't be done, because at that point their opinions are irrelevant.

Don't make yourself irrelevant, and stop making ignorant assumptions, you are making yourself look stupid to those of us who know no limits. Go back in your box, and I will turn the handle when I want Jack to come out, because you don't know Jack. Please consider all this and think on it.

© Aliva Kar

Chapter 7: Is Fear Making You Afraid of Success?

Is Fear Making You Afraid of Success? Is success scary? Fear is sometimes a fantasy of our own making. There are things we should be fearful about, such as having a traffic accident, falling from a great height or certain illnesses.

There are things we are fearful about in our everyday lives like talking to strangers. Because of this fear we put up a wall to protect ourselves. From what? Being rejected?

As children we are taught, and rightly so, not to talk to strangers and there are very good reasons for this. But as an adult what is the problem. Very few of us are going to be taken away with a piece of candy.

The fear of rejection by another is only that, rejection. Some will say yes and others no. We do not die when this happens; the sun rises and the birds will sing. There are ways to learn how to approach people that will minimize rejection.

That type of fear we need to put them away with our childhood games and toys; it need to be banished with Santa

For more information and help on the subject visit CB Mall (address at the end of this article).

Fear cannot stop us from accomplishing what we want to do, we that for ourselves and very successfully. The only thing to do with fear is to go through it.

Now, fear can be used as the energy to help us do our best when entering a new situation. For example, the first time I thought about writing articles for the net, I was petrified. Who me, I thought, I cannot do this, where do I start.

Well, I put pen to paper or shall I say fingers to the keyboard and I conquered the fear. Each time I write an article I get more confident and the fear lessens. Someday I will be very good at it but only if I keep writing.

One of the wonderful benefits in my opinion of the internet is that no one knows who you are and they really do not care. I can sit around on my bed in my nightdress and write.

You can try out your own intentions with privacy and in time become successful without anyone knowing what you look like, how old you are and where you live.

One more thing about fear and success is that you must keep your intentions away from people who will not support and build your confidence. Only after you obtain your goal you can tell if you wish. I have not told anyone that I write. They would only raise their eyebrows and say, who you? write?

By telling one person you open yourself to all in your circle knowing and some will have all the reasons in the world why you will not succeed. You know the saying, silence is golden.

Go ahead, fear the fear but do it anyway.

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Chapter 8: Visualizing, Believing And Attainment

Visualization is a mental image which is incapable of either viewed or visible, at any particular moment. A thought which invigorates a chain reaction within the mind of an individual translates into infinite intelligence. Those who capitalize this effect and pursue until desired results are achieved are the people who believe in themselves. Their faith in realities of life plays a dominant role.

The term visualization is not restricted to any particular brain storming sessions. In fact, it is wide spread and at times beyond the imaginative expanse. Visualization cannot be left alone to be neglected in a routine fashion, thus getting relegated and forgotten. On the contrary, it should be probed and explored beyond the subconscious realm. The determination and consistency of an individual will pay rich dividends. William Shakespeare says, "Nimble thought can jump both sea and land."

It is also a fact that visualization requires believing in self and corroborate with others so that a perfect chemistry is formed. This will catapult an individual towards transcend life in a different realm. The subconscious mind is extracting feelings and ideas from unconscious state thereby expressing to believe in the conscious realm. Therefore, it transpires into believing in self with purpose and passion.

Now, it is necessary to understand the meaning and definition of believe. Believe is an intelligible entity that transforms its effects and eliminates doubts unequivocally. It means faith takes the driving seat supported by believe. In the factual sense, believe and faith is two sides of the same coin. Probing further, it is the faith, which is unconditional with realities and remains steadfast against all odds. Therefore, believe is a self-discipline entity, which streamlines all aspects of human values. Dr.Cherie Carter-Scott says, "Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible."

Visualization and believe along with faith collectively become the supporting tools of human values. It is like warp and weft of a woven fabric. These twists and turns can be advantageous or disadvantageous subject to the aims and objectives. It becomes important to evaluate the potential in attaining the

purpose. Hence, talents and abilities form the part and parcel of accomplishment.

As we all know that principles do not change, whereas values change depending upon the commitments and convictions. These values are also changed under variable circumstances and developments. Hence attainment of aims and objectives should be restricted within the parameters of principles. Here sincerity of an individual or group within the sanctity of principles will lead to attainment of the highest order. The image of attainment becomes unrealistic when values become materialistic and unethical. It becomes a virtual image of attainment hence people get carried away and failed in their mission.

The aim should be to acquire attainment of contentment and peace, both materially and spiritually. It will generate values of morality, dignity and respect among all sections of society. As Thomas Huxley an English biologist says, "I take it that the good for mankind means the attainment, by every man, of all the happiness which he can enjoy without diminishing the happiness of his fellow men."

Chapter 9: Seven Steps to a Positive Mindset

Have you ever heard the saying, "You are the company that you keep?" If you have, then you understand the powerful affect that others' attitudes can have on your own...negative or positive. Conversely, you understand that your actions toward others cause them to act and react in kind. It can be quite a cycle.

The good news is that it's never too late to change your mindset. You can start today. There's an adage and old bumper sticker that notes, "Today is the first day of the rest of your life". Here are seven steps you can take toward developing a positive mindset today...for the rest of your life:

- Alter your vocabulary. The language you use influences the way you think, so eliminate words like "can't", "won't" and "failure."
- Throw the kindness boomerang. Every day, perform one unselfish act. Remember, your actions - positive or negative - will come back to you.
- Avoid spending time with negative-minded people and chronic complainers. As the saying goes, "Misery loves company."
- Whenever you can, change the subject to a positive one. Be the one people describe as "always cheerful."
- Counterbalance each negative piece of news with at least five positive ones. Stay up-to-date with what's going on in the world, and highlight the good stories in your conversations with others.
- Convert "should-a, could-a, would-a" to "shall, can and will."
- Create a list of the traits, habits, attitudes and skills that exemplify the ideal you. Then, make every effort to follow those guidelines.

When you've read through the steps a few times, write them down and keep them in a place where you will see them regularly - on the refrigerator, on your bathroom mirror, or on your desk at work. To help you stay on track, consider setting a notification on your phone to display one of these steps in the middle of the day.

As soon as you put your new steps into practice, pay close attention to the way others react toward you. You'll notice that the positive words and actions you put out into the world will come back to you with the same regard, and you'll find that other positive-minded people gravitate toward your sunny disposition.

Prologue: Establishing and maintaining a positive mindset requires commitment and reinforcement, over time. Get your own audio program and iINFO_NOTE© from Springboard Training on creating and maintaining your positive mindset. Make sure you repeatedly listen and read them, and take action. You--and others--will notice amazing attitude adjustments and positive results, over time. (Go to SpringboardTraining.com/contact and put "Positive Mindset" in the subject line.)

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Chapter 10: Self-Motivation: The Desire to Succeed

It's 6 in the morning. The alarm clock is buzzing, and you're thinking to yourself, "What's the point in getting up this early for work?" For some of us, the motivation is simply the desire to shut off the clock that is vibrating off the nightstand. But for others, it is truly self-motivation. It is an internal alarm clock that motivates a person to make the best of his or her day.

Certainly, everyone wants to succeed in the world. Everyone wants to have a purpose, to be at the top of the corporate ladder, or to be the best he or she can be in any given area. But why do some people succeed in doing these things, and others do not? The answer is: self-motivation.

There are several factors that contribute to self-motivation. They include:

- Self-esteem
- Desire to succeed
- Will power
- Mental stability
- Family
- Life goals
- Daily activities
- Daily pleasures

All of these factors will directly affect success in a career, in academics, in playing sports, and in marriage and parenting. Whether you desire the highest position possible at your job, or graduating with a 4.0 grade point average, you need self-motivation to do it. Self-motivation drives an athlete to score the winning soccer goal, just as it drives a parent to be a good role model for a child.

Along with the desire to succeed comes mental stability. Everyone has a bad day here and there; but what self-motivates a person to continue on with the bad day? The answer is mental stability. The mind is a great force. When you put your mind to accomplishing something, you will try your best to do it. As a result, your will power is tested. Being able to stay self-motivated and focused on what is important rather than "throwing in the towel" allows you to succeed in the end. Will power, mental stability, and the desire to succeed are all the result of self-motivation.

Another factor that drives self-motivation is the family unit. Family can self-motivate an individual to be successful. An individual - especially a working spouse - will crave the family's pride and approval. The working spouse self-motivates himself or herself simply by worrying whether or not the family is taken care of financially. The working spouse will most likely want to earn a high paycheck, and in the end provide for the family. Children often idolize their parents and will mimic what they see their parents doing. In the end self-motivation is passed on from one generation to the next, as it is an important role in family affairs.

Lastly, self-motivation is driven by daily goals and basic daily routines such as losing weight or learning how to play a sport. The simple daily pleasure of waking up to see the sun shine, to hear the birds singing, or even listening to the rain are all pleasures which can self-motivate a person to get up in the morning.

Source: [Free Articles](#)

References

Chapter 1: Peter Murphy

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain lasting motivation. Apply now because it is available for a limited time only at: <http://www.secretsofmotivation.com/>

Chapter 2: Winifred D. Bragg, MD

Winifred Bragg, MD is the CEO of the Spine and Orthopedic Pain Center, and is also a keynote speaker and author. She has taught thousands why staying strong and maintaining a strong mental toughness are essential to overcoming adversities.

She has been featured on NBC, ABC, FOX and CBS news television segments.

Dr. Bragg delivers powerful messages on the importance of maintaining a positive attitude and a commitment to self-improvement as key elements to succeed.

You can contact Dr.Bragg at her websites <http://www.DoctorBragg.com> and <http://www.knockoutpain.com>.

Chapter 3: Daniel Petrosini

Author of Push Back & Ambition Cliff

<http://danpetrosini.com>

Chapter 4: Saskia Roell

Using her own life as living proof that extraordinary choices lead to an extraordinary life, she expertly helps others do the same. She's a Soul Guidance Coach, radio host, bestselling author, and co-author with Jack Canfield, Stephen Covey and Deepak Chopra.

As an international speaker, clairvoyant healer and mother of five, Saskia empowers you to move out of your comfort zone, break through your fears, and go after your heart's desires. Get access to her free "21-Day Roadmap to Your Dreams" program here:

<http://www.YourSoulGuidance.com>

Chapter 5: TheSky

Chapter 6: Aliva Kar

Chapter 7: Theresa Williams

For further information go to <http://cbmallverro.blogspot.com/2012/02/is-fear-making-you-afraid-of-success.html>

Chapter 8: Aliva Kar

Chapter 9: Sylvia Henderson

Sylvia works with individuals and organizations to make their "people image" match - or exceed - their organizational image for greater profit, more clients, and a higher degree of personal and professional success.

Sylvia's Blog SylviaHenderson.com.

Twitter: @SuccessLanguage.

Chapter 9: Matthew Hick

More Motivation Tips at <http://Motivation-Today.com>. Learn how to operate a Successful AdSense Website Network at <http://eWebCreator.com>. Matthew Hick has been designing profitable Niche AdSense Websites for over 5 years. Award winning AdSense Website Service at <http://eWebCreator.com>

If you would like to see the latest information Graham has researched, go to <http://iwanttoimprovemyself.blogspot.com/>

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