

ACHIEVE YOUR GOALS



**DISCOVER THE HIDDEN SECRETS
TO MOTIVATION AND ACHIEVING
PERSONAL POWER**

We all need a strong driving force within that will motivate and push us to do our best as we go about chasing our big dreams in life. Without this driving force, achieving our dreams will be near to impossible. We simply won't have the strength to overcome all obstacles that will come our way, and we'd lose hope the moment everything becomes too challenging. To make it easier for you to find the motivation to continue working towards your goals, we've compiled this resource cheat sheet especially for you.

Courses

- **Motivation Mastery: How to Get Motivated Fast** <https://www.udemy.com/crystal-clarity>

Let Ken Wells, a certified mental strength coach, show you how you can get motivated fast. His course covers a 7-step blueprint to skyrocket your motivation to help you achieve your life, short-term and career goals. He will show you how you can decide on the correct goals, uncover the skills and habits you need to reach your goals, and build momentum to reach your longer-term goals.

- **The Ultimate Guide To Unlock Long-Lasting Motivation** <https://www.udemy.com/the-ultimate-guide-to-unlock-lasting-motivation>

Discovering how you can develop unstoppable motivation may seem like an impossible feat, but the course instructor, Daniel Mandachi, will show you exactly how you can do this. He shares secret strategies to help you re-discover your motivation and how to keep it for the long-term. You'll ultimately learn how you can stay committed to your goals, take massive action and achieve success.

- **Motivation 10X - The Complete Guide To Get Ultra Motivation** <https://www.udemy.com/ultra-motivation>

Let productivity coach, Silviu Marisk, show you how you can skyrocket your motivation and become a top performer. His course will teach you how you can define your priorities, take focused action, and use motivation to lead your life as an achiever. You'll learn how you can overcome negative emotions and unleash your true potential to finally succeed in life!

Books

- **Motivation in 7 Simple Steps: Get Excited, Stay Motivated, Achieve Any Goal and Create an Incredible Lifestyle** <https://www.amazon.com/Motivation-Simple-Steps-Incredible-Motivational/dp/1514148285>

If you want to learn how you can stop procrastinating and start achieving, then you need to get your hands on Marta Tuchowska's book. This book will show you the best motivational techniques to help you stay on track until you find success. You'll learn how you can become more focused and confident while you go about chasing your goals - whatever they may be!

- **Motivation for Entrepreneurs: 27 Critical Secrets to Becoming Unstoppable Even If You're Feeling Stuck** <https://www.amazon.com/Motivation-Entrepreneurs-Critical-Unstoppable-Lifestyle-ebook/dp/B07CP961NF>

If you're lacking motivation and you seem to be paralyzed by inaction, then let Marta Magdalena help you. In her book, she'll show you how you can get unstuck from your unfulfilled life and finally move forward towards building the life and business you've always dreamt of. You'll learn critical secrets in just a few hours of reading the book - it's surely worth your money!

- **Drive: The Surprising Truth About What Motivates Us** <https://www.amazon.com/Drive-Surprising-Truth-About-Motivates-ebook/dp/B004P1JDJO>

This is not your ordinary, run-of-the-mill book about motivation. Daniel H. Pink's book is a paradigm-shattering book. He reveals why the carrot-and-stick approach of motivating people no longer works nowadays and he covers the 3 elements of true motivation in detail. Grab this book if you need ideas on what types of motivations will work in modern times

Websites and Blogs

- **Tiny Buddha**
<https://tinybuddha.com>

Tiny Buddha is one of the top sites in the self-development space. It covers a wide range of topics like motivation, meaning and passion, relationships and love, happiness and fun, change and challenges, possibilities and opportunities, minimalism, simplicity, and many more. With over 1,700 blog contributors, you'll find plenty of ideas on this site to help motivate you to do more with your life.

- **James Clear**
<https://jamesclear.com>

James Clear is a writer, entrepreneur, and photographer. His blog provides tons of valuable content on behavioural psychology, better habits, motivation, better thinking, performance, productivity, health, and so much more. If you're so inclined, you can enroll in his premium course, The Habits Academy. If not, then just browse through his blog posts as he provides plenty of actionable tips there, too.

- **Lifhack**
<https://www.lifhack.org>

Lifhack aims to be the number one resource for positivity and life inspiration. If you're down on your luck and you need motivation, or you simply need more positivity in your life, head on over to their website. You can read articles in many areas such as psychology, communication, motivation, productivity, health, lifestyle, and more.

- **Brian Tracy**
<https://www.briantracy.com>

Brian Tracy is one of the top motivational speakers of our time. He has authored over 70 books which have been translated into several languages. If you want to know how you can achieve all of your goals faster, then you should head on over to his blog. He writes about personal development, time management, sales and business training, leadership, public speaking, writing, and more.

Podcasts

□ **Goal Digger**

<http://www.goaldiggerpodcast.com>

Hosted by Jenna Kutcher, this podcast will help you redefine success and achieve your goals. Her show categories include business, branding, marketing, and inspiration. While the show is geared towards #girlbosses, even the guys will learn a ton of business and life advice from her and her guests.

□ **Happier**

<https://gretchenrubin.com/podcasts>

With over 42 million downloads, Gretchen Rubin's Happier podcast is one of the more popular podcasts in the self-development niche. It's been named one of the "Best Podcasts of 2015" on iTunes. The following year it was recognized as one of the "Best Podcasts of 2016" by the Academy of Podcasters. She co-hosts the show with her sister, Elizabeth Craft. Together, they discuss good habits, relationships, and happiness.

□ **The Lavendaire Lifestyle**

<https://www.lavendaire.com/category/podcast>

Hosted by lifestyle blogger and entrepreneur, Aileen Xu, this weekly podcast will inspire you to create and live your dream life. The show not only features her own experiences in life but those of her guests as well. Check out the podcast if you want to know how to make a positive impact on others, and to live fully and completely!