

ENERGIZE YOUR LIFE!

10 Fast Track Secrets to Motivating Yourself to Action And Building a Better Life NOW!

By Kathy McAfee, America's Marketing Motivator

THE ULTIMATE RESOURCE



Energy: a resource more precious than money or fossil fuel. More essential than coffee or technology to conducting our daily lives, *emotional energy* is the fuel that pumps us up and drives our attitude and outlook on life. Without a sufficient and renewable source of emotional energy, we quickly run out of gas and lose spirit for living life at its best. We become “human doings” rather than “human beings.” We get stuck, focused on merely surviving and getting through the day. *That's simply not good enough!*

It's time to energize your life and start building a better life for yourself and those around you. If you desire to thrive, not just survive, then you must energize and motivate yourself to action now. More stimulating than ten cups of coffee, these ten fast track secrets will help you to become your own full motivator.

Thrive .. don't just survive!

1. CLEAR YOUR FEAR

Fear is a powerful force. It can move in and become part of your daily navigational system, if you allow it. It can keep you stuck and timid, paralyzing you from taking future chances on new things that could bring greater joy and success to your life.

The first step in moving forward with your life is to clear your fear fast. Whether it's making cold calls, going out on blind dates, or changing jobs, it's time to deal with the fears that are currently holding you back.

Working with an executive coach or certified practitioner in Neuro-Linguistic Programming (NLP) such as Mark Shepard, can help you deal with fear and put all that worry, anxiety, and panic behind you once and for all. For more information on NLP, [visit Mark's website.](#)

2. FOCUS ON WHAT YOU WANT

There are two basic motivational forces – *pleasure* and *pain*. We either move away from what we don't want (*pain*) or we move towards what we do want (*pleasure*). Both are very powerful and motivating, but the *Move-Towards* strategy is more sustainable and will eventually get you where you want to be.

The first secret to changing your orientation from a *Move-Away-From* to a *Move-Towards* strategy is to change your language patterns. Because your unconscious mind cannot process a negative, it disregards words like *don't* and *not*. You must consciously change how to talk to yourself, both internally and externally, and speak only of what you want to happen in your life.

The 10 Fast Track Secrets to Motivating Yourself to Action

1. Clear Your Fear
2. Focus on What You Want
3. Honor Your Big Rocks
4. Play to Your Strengths
5. Reinvent Yourself Daily
6. Get Connected
7. Give Back
8. Be Daring
9. Take Action
10. Laugh!

*Call upon the deep resources you always had inside you.**

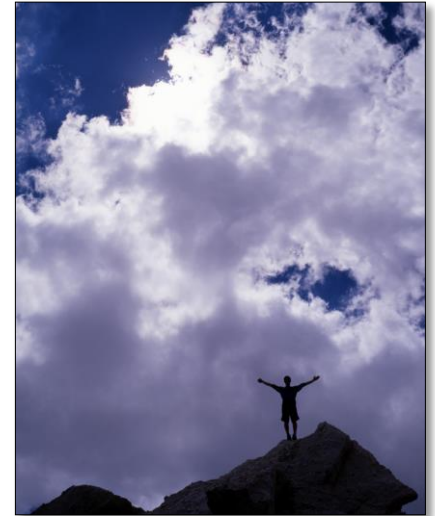
3. HONOR YOUR BIG ROCKS

To make every day fulfilling, you must practice **extreme self-care**; that is, taking care of your most essential needs for energy and happiness every day. It's about prioritizing yourself first and ensuring that you get what you need to create energy and happiness for yourself. Every day.

These are your Big Rocks. They can be simple things like getting eight hours of quality sleep every night and eating a healthy breakfast and lunch every day.

Get in touch with your Big Rocks, the essential physical and emotional needs that you must fulfill every single day in order to have a happy, successful day.

For the next 28 days, practice honoring your Big Rocks until this new **extreme self-care** habit is formed. The people in your life will thank you for it.



*Focus in on who you truly are.
Stop trying to be
everything to everyone.**



4. PLAY TO YOUR STRENGTHS

Each of us has unique talents, individual style and special knowledge and ability. However, most of us spend the majority of our time and energy focusing on what needs improvement, rather than putting our strengths into play. Try writing down and speaking out loud at least 20 of your personal assets. These are the traits and gifts that you have been blessed with. Ask others that you know to add to your list. (To download the free workbook, search "Play to Your Strengths" in the Open Vault page [on my website.](#))

5. REINVENT YOURSELF DAILY

Actively seek out change. Embrace it. Look for the gifts and opportunity in it. Change is how we grow. It's how we move forward in our personal and professional lives.

Why not develop a friendlier attitude about change? *Maybe it's time to reinvent yourself.*

6. GET CONNECTED

The truth is, you need people, and people need you. Getting connected and embracing a **networking for life** strategy is good for your career, your personal life, and your health. Don't allow yourself to become isolated and lonely. Make new connections, especially with positive, motivated people. It's a great way to ensure that you have a continuous and renewable supply of emotional energy, and new opportunities!

*Aim high
for one
specific star.**

*Motivation: its 10,000 steps in the right direction.**

7. GIVE BACK

If you're open to manifesting more good in your life, then it's time you start giving back to others. Seek to live a *Life of Significance and Success*. Volunteer your time, your talent, and your treasury to worthy causes.

Create a value chain that is bigger than you. Join and actively involve yourself in non-profit service organizations whose mission you are passionate about. Yes! Raise your hand and get involved. Join the board of directors of a charity or association whose mission aligns with your personal values. It will create more energy in your life and bring you meaningful new relationships.

A great volunteer service organization for professional, business, and community-minded women is Soroptimist International of the Americas. Their mission is to improve the lives of women and girls in our local communities and around the world. Learn more by visiting www.Soroptimist.org or their take action website: www.LiveYourDream.org.



SOROPTIMIST
Best for Women®

8. BE DARING

Take a chance. Risk failure and foolishness. This is how you will stretch yourself and grow forward. If you haven't written your *Before I Die List* (which is like a Bucket List with a greater sense of urgency). Then go and do it. It feels good to do something that you've been talking about for years. Dare to do it!

9. TAKE ACTION

If you want to create energy in your life and move it forward, action is required. Don't wait for perfection. Make only "yes" or "no" decisions. No more wafting with "maybes" and indecision. You can always change your mind later. Start and finish a new project. Test out a new idea. While I'm not suggesting that you busy yourself with all sorts of activities, I am suggesting that you select something important and get it done. No more procrastination. No more excuses. Take action and increase the energy in your life right now.

*Concentrated inspiration
put into action.**



10. LAUGH

Medical science has recognized that laughter is a powerful antidote to many ills. Some doctors are now including laughter therapy as part of the treatment plan for patients with serious illnesses.

Sound silly? Why not give it a try. Beats the heck out of taking more and more pills or years of *talk therapy*. Start laughing today and see how much more energy you have in your daily life.

Laugh. Long. Loud and Out-Loud!

Enjoy the video song by Mark Shepard:
[The Motivation Song: inspiration put into action](#)

The Future is always greener when you're motivated!
Are You Motivated?

Kathy McAfee is **America's Marketing Motivator**, a professional speaker and executive presentation coach and trainer whose mission is to help business and community leaders to more effectively use their talent, energy, and influence to create positive changes in the world. Her company, Kmc Brand Innovation, LLC, has helped thousands of motivated executives, professionals, and entrepreneurs to become the recognized leaders in their fields by mastering the arts of high engagement presentations and effective networking.

She is the author of the books, *Networking Ahead for Business* and *Stop Global Boring*,

In her role as **Executive Presentation Coach**, she helps clients to increase their confidence, credibility, and influence by reducing their PowerPoint clutter to better engage their audiences and move them to action. A certified Master Practitioner of Neuro Linguistic Programming (NLP), Kathy helps her clients to clear their limiting beliefs and instill more effective strategies to realize their full leadership potential.

Over the past 20 years, Kathy has held numerous corporate leadership positions, bringing marketing success to companies such as Levi Strauss & Co., Maybelline, Southcorp Wines of Australia, and ADVO, where she served as Vice President of Marketing Services. Living and working in England for three years, she led European marketing initiatives for an international vision care company. Since 2005 she has pursued an entrepreneurial lifestyle, a path she recommends for anyone with a spirit of innovation and the stomach for uncertainty.

A graduate of Stanford University in Economics, Kathy is a member of the National Speakers Association, a past board member of YWCA Hartford Region, and an active member of Soroptimist International of the Americas. She is an ovarian cancer survivor, and holds a second degree black belt in the martial art of Tae Kwon Do. Kathy and her husband Byron reside in Connecticut.



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