



21 Laws of Meaningful Motivation

HOW TO INSPIRE, BOOST, AND
MAINTAIN YOUR MOTIVATION
FROM THE INSIDE OUT

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About the 21 Laws of Motivation

- Motivation is a skill. And it takes practice.
- Motivation is one of the greatest skills you can build for work and life.
- Motivation is how you unlock your potential, rise above your resistance with resilience, and experience greater fulfillment.

These are the 21 Laws of Meaningful Motivation...

#1. The Law of Intrinsic Desire

Pursue what naturally interests you.

Genuine interest ignites motivation from within, sustaining long-term engagement.

How To Practice

Start by exploring activities that naturally pique your curiosity, letting your genuine interests guide your choices.

#2. The Law of Visionary Goal Setting

Dream big, but start small.

Visionary goals inspire, while manageable first steps keep you moving forward.

How To Practice

Visualize your ultimate goal each morning, then focus on accomplishing one small, manageable task related to it today.

#3. The Law of Emotional Connection

Connect emotionally to your goals.

Emotional investment fuels persistent motivation, especially through challenges.

How To Practice

Write down why your goal matters deeply to you, and revisit this reason whenever motivation wanes.

#4. The Law of Personal Significance

Align goals with your values.

When actions resonate with personal values, motivation deepens and becomes meaningful.

How To Practice

Align your daily actions with your core values by asking yourself how can you make what you're doing today more meaningful to you.

#5. The Law of Optimal Difficulty

Choose challenges wisely.

Tasks that neither overwhelm nor bore optimize engagement and motivation.

How To Practice

Challenge yourself with tasks slightly beyond your current skill level to keep engaged without feeling overwhelmed.

#6. The Law of Competence Confidence

Build and trust your competence.

Confidence in your abilities enhances your motivation and the willingness to tackle challenges.

How To Practice

Dedicate time each week to develop and refine a skill, gradually building your confidence through practice and perseverance.

#7. The Law of Intrinsic Desire

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Genuine interest ignites motivation from within, sustaining long-term engagement.

How To Practice

Start by exploring activities that naturally pique your curiosity, letting your genuine interests inspire and guide your choices.

#8. The Law of Inspirational Influence

Surround yourself with motivators.

People who inspire you can amplify your own motivation through their influence and support.

How To Practice

Curate your social media to follow individuals who inspire you, making their stories part of your daily inspiration.

#9. The Law of Curiosity Cultivation

Let curiosity lead.

A curious mindset opens up new paths for exploration, keeping motivation fresh and alive.

How To Practice

Allocate time each week to learn something new outside your usual interests to stimulate curiosity and discover new passions.

#10. The Law of Autotelic Activity

Find joy in the activity itself.

Finding joy in the activity itself rather than external rewards sustains your motivation.

How To Practice

Engage in at least one activity daily for the sheer joy of doing it, without any expectations for outcomes.

#11. The Law of Flow Seeking

Strive for immersive experiences.

Activities that absorb you fully can heighten your motivation by inducing a state of flow.

How To Practice

Identify activities that make you lose track of time and incorporate them into your routine, aiming for a state of flow.

#12. The Law of Positive Narratives

Tell yourself empowering stories.

The way you frame your journey can transform your challenges into your motivators.

How To Practice

Start your day by affirming your ability to overcome challenges, framing your journey as an empowering story.

#13. The Law of Recovery

Allow time for rest and reflection.

Periods of rest are not just breaks but opportunities to reignite motivation.

How To Practice

Schedule short, regular breaks during your day to rest and recharge, seeing them as crucial steps toward your sustained motivation.

#14. The Law of Novelty

Mix routines with new experiences.

Novelty stimulates the brain, renewing interest and motivation.

How To Practice

Once a month, try something completely new to you, whether it's a hobby, a food, or a route to work, to infuse more novelty into your life.

#15. The Law of Limit Challenges

Use scarcity as a motivator.

Limited time and resources can heighten focus and drive.

How To Practice

Create a deadline for a personal project to simulate a sense of urgency and focus your efforts.

#16. The Law of Self-Compassion

Practice kindness towards yourself.

Self-compassion in the face of setbacks prevents demotivation.

How To Practice

Practice forgiving yourself for setbacks by writing down what happened and affirming your intention to learn and move forward.

#17. The Law of Social Belonging

Connect with a community.

Belonging to a group with shared goals can multiply your motivation.

How To Practice

Join a group or community where your goals align with others, enhancing your motivation through shared experiences and support.

#18. The Law of Authenticity

Be true to yourself in your pursuits.

Authenticity ensures that you sustain your motivation, but it is also deeply satisfying.

How To Practice

Make a daily affirmation to pursue goals that reflect your true self, not what others expect of you.

#19. The Law of Anticipation

Look forward to rewards.

Anticipating positive outcomes can fuel motivation, even in the face of your obstacles.

How To Practice

Keep a visual representation of your reward for achieving your goal in a place where you see it daily to fuel your anticipation.

#20. The Law of Meaningful Impact

Strive to make a difference.

Working towards creating an impact provides profound motivation and fulfillment.

How To Practice

Each week, reflect on how your actions have positively affected those around you, reinforcing the value of your efforts.

#21. The Law of Taking Action

Pursue what naturally interests you.

Genuine interest ignites motivation from within, sustaining long-term engagement.

How To Practice

Start, even if imperfectly. Action can ignite motivation, creating momentum that propels further action.

Change Your Perception or Change Your Procedure

Tony Robbins often discusses the importance of changing either your perception or procedure to shift motivation.

Here's the insight broken down:

- **Change Your Perception:** This involves altering how you view a task or situation. If something feels daunting or uninspiring, finding a new angle or discovering a new meaning can make it more engaging. For example, instead of seeing exercise as a chore, view it as a path to energy and good health.
- **Change Your Procedure:** This means changing the way you do things. If your current approach to a task or goal is not motivating you, then it's time to modify your method. Maybe you change your workout routine, use a new tool to manage your work, or find a more enjoyable route towards your goal.

By adjusting how you perceive the task (the meaning) or the way you go about it (the method), you can dramatically affect your motivation levels.

How To Practice Motivation Today

- 1. Identify your 3 Wins for Today.** With the time you've got, the energy you've got, and the windows of opportunity you've got, what do you want to achieve today? Break what's on your plate, down into 3 achievable victories. If you don't know where to start, think of 3 victory scenes: morning, noon, and night. Use your 3 Wins for Today to pull you through today.
- 2. Change your perception or change your procedure.** To change your perception, shift how you view an activity to see it as more meaningful or enjoyable, or to change your procedure, alter the way you typically approach the activity to make it more engaging or efficient.
- 3. Curate Your Inspiration:** Create a playlist, vision board, or list of quotes that stir your enthusiasm and spend time with it daily. This can help to spark your drive from within and keep your focus on what excites you.

"People often say motivation doesn't last. Neither does bathing—that's why we recommend it daily."

— Zig Ziglar

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