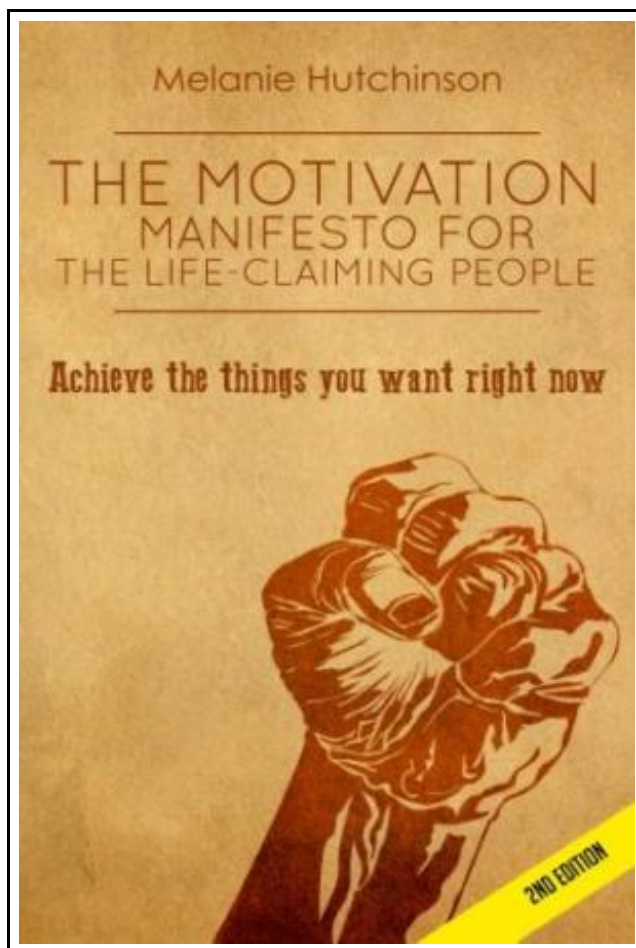


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you suffer from procrastination? Do you put off the things you should be doing to do things you shouldn't be doing? Are you constantly rushing to meet deadlines, even though you had plenty of time to complete your project? Do you know you could do better, if only you had the motivation? The secret is here in Melanie Hutchinson's The Motivation Manifesto. Everyone can benefit from this work, because Hutchinson identifies what procrastination is, why people do it, and how to change this destructive habit. The Motivation Manifesto identifies the two types of goals we all at some point have as the doing goals (we want to do) and the being goals (what we would like to be). Procrastination erodes both types of goals, but there's hope in the pages of this book. Hutchinson kicks this off with how we should identify our personal goals of every type. She advises setting large, major goals and then breaking them into smaller and smaller goals that correspond to smaller and smaller increments of time. The Motivation Manifesto includes an important concept: the concept of positive visualization. It encourages us to envision, in detail, what life is like for us with our goals met. For example, if my goal is to run a 5K, I would envision myself crossing the finish line, proud and happy with my accomplishment. Hutchinson also suggests an interesting technique called goal pictures to help our visualization efforts. Hutchinson then delves into achieving our smaller goals with strategization. If previous methods haven't been successful in our particular business, then we should brainstorm new methods to achieve our objective. Another key to...



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