How often do you set a goal and never achieve it? Do you?

How often do you think that is not mine, and I will never get it?

How often do you crave for something and nothing happens?

How often do you postpone your goal for tomorrow?

What is happening with your motivation?

I'm sure all of you have a lot of yes to these questions.

And now, we are going to cope with most of all your problems.

Why am I so sure? Just because of at least two things:

We are inclined to deal with the outcomes, but we need to understand the cause, we must distinguish the consequences and underlying root causes that lead us to these outcomes.

All of my recommendations have been checked at least by myself and proven for many years in my company.

Do you know anything about motivation? I suppose yes. But I'm going to show that motivation is an entirely different thing.

Motivation is an addiction to good outcomes. That is all.

Once you've got the smallest thing done, you'll get relieved. You've got the motivation for the next step. Sounds easy? Just repeat, and I do guarantee that you'll become addicted to this idea.

Secondly, don't be afraid of decomposition your initial plan to thousand tiniest steps. You must nurture your addiction to positive outcomes. No matter how small your steps. What matters is a relentless nonstop effort to continue sticking to your initial plan to this particular approach. Doing things in this way, you will start understanding the root causes. You will learn and master how to cope with them far before they emerge and cause a negative outcome on your project.

Finally, check the type of motivation, whether it is intrinsic or extrinsic. Only intrinsic motivation will work.

That is the way how I do approach all of my things.

And last but not least. Feel the difference between a goal and a dream.

The dream shouldn't be feasible. Once you achieve it, you will stop developing.

Set the right goals. Achieve them in the right way. Right here. Right now.