



93.motivation

“The hardest part of any adventure is getting out your front door.” – Sandy Stevenson

The hardest part of being truly yourself is simply stating the intention that you are yourself. You know why? Because even as you consider stating that intention, a whole bunch of voices are going to tell you that you are wrong and why you are wrong and why you should remain exactly the way you are right now. Who wants to deal with that?

So you need some motivation. There are some excellent resources for getting some. It requires some effort on your part and it is worth every bit. Several good ones have been mentioned in this book.

Consider this. You already have enough motivation to be buying books like this. You know there is more to life and you are doing something about it already. You have already achieved success at motivation. Keep that in mind, repeat it. Pretty soon you’ll take it for granted that you are motivated and you’ll be able to take the next step.

Becoming your true self requires a great deal of motivation at first, but once you get going, you’ll find that you really want to do things like face challenges or fears and find it enjoyable. It’s true.

