

# Motivation

**M is for Main!** You've heard the expressions "main man" and "you're my main friend". Well, you have to be your own main person! There are other people who are important to you in your life, but you have to be the "main" one!

**O is for Only!** Whatever it is that you want to do, whether it's going out for that new job or whether it's losing some weight, you are the "only" one who can do this for yourself. And it should be "only" for you not, others that you choose to do it.

**T is for Timing!** Things take time! You don't think Monet painted those water lilies overnight. Everything that is worthwhile is being nourished by time! It takes "time" to plan good menu's, and "time" to exercise. Give yourself "time"...You deserve it!

**I is for Individual!** Even if you have a twin or 5 or 6 siblings, you are still an individual. An individual is one that makes up his or her own mind and that beats his or her drum to a certain rhythm. You are an "individual"

**V is for Victory.** We usually hear this word at the Olympics, but every day you can feel victorious! When you plan to do something and you accomplish it, it is a victory -- no matter how big or small! Be "victorious!"

**A is for Attitude.** There are three kinds of attitude -- positive, negative, and numb. Which one are you? Two lead you down the hill, and one takes you to the top! Trying to find something positive in the things around you will guide your attitude in a positive direction! Keep your "attitude" Positive

**T is for Tolerance.** There is so much that can bother us in a day. Our jobs; sometimes even our family and friends! We are tested each day to find out what our breaking points are. If tolerance was a book, each of its pages would have only one word printed on it, and that word would be patience. Be patient and practice "tolerance!"

**I is for Ideas.** Always thinking of ideas is an exercise that few practice. Most people start off by saying, "Hey, I got a great idea,

**" but they never finish it. It just stays an idea. The trick is to continually think about your ideas until they become a reality.**

**O is for Optimism. Half full or half empty? You've heard that expression so many times. You can think that things are gonna work out, or you can think that things will never work out! If you believe that things in your life will never work out, trust me, they never will! But if you can think about something, and keep thinking about the joys and happiness it will bring you, you will be that optimistic person you've always wanted to be! Stay "optimistic!"**

**N is for Nerve. It takes nerve to get on the roller coaster at Six Flags! It takes nerve to bungee jump! For me, it takes "nerve "to get up here and give a program. And even though I have to read what I give it's good information that we all need. Anything worthwhile takes a little nerve!**

**Put all of these together and you have "Motivation" ...  
What we all need to get the job done!**