

Staying Motivated

- **Instructions** To override doubt and anxiety that holds us back, follow the step by step actions to stop stress neurochemicals.

Make a list of all the activities that have brought you intense pleasure in the past.

Make a list of all the qualities you deeply value about yourself.

Make a list of all the qualities you deeply value about your relationships and your work.

Using these values as a guide, envision what you truly desire to bring into your life as you focus on the pleasurable “reward” that you’ll instantly feel.

Write down your list of desires.

Ask your intuition, your inner teacher, to devise a strategy to bring you closer to your goal.

Remind yourself that there’s more pleasure waiting for you with each step you take toward acquiring what you desire.

This “delayed gratification” keeps your ancient brain curious and excited. Not only will you strengthen the motivational circuits, you’ll increase those parts of your brain that generate conscious awareness.

This is the true secret for attaining neurological happiness and satisfaction
From Andrew Newbert, MD - March 2013