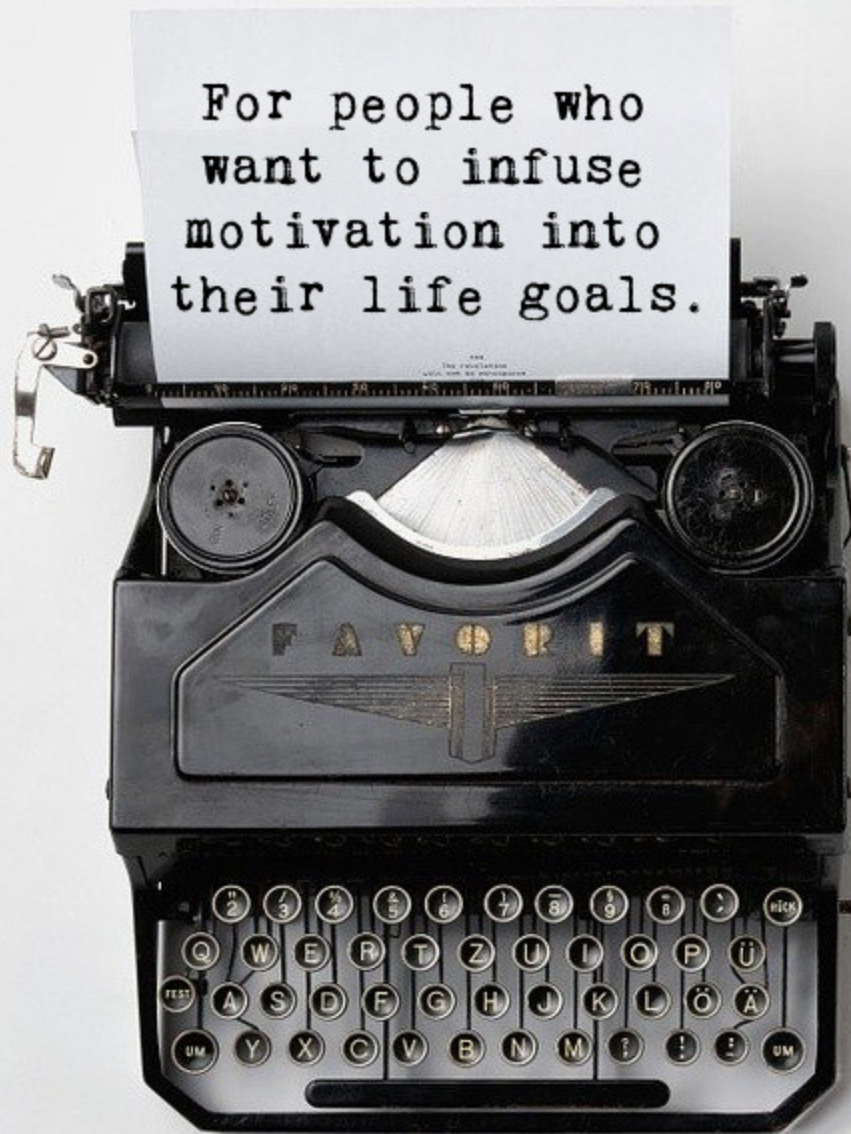


ULTIMATE MOTIVATION HACKS FOR LIFE GOALS



JACQUIE ELLIS

Ultimate Motivation Hacks for Life Goals



Welcome and congratulations on making your Life Goals matter to you! Goal setting is a common attribute that most successful people in the world share. It doesn't matter what niche they are in, what their gifts are, or how they live their life personally, the one thing people struggle with is finding motivation to consistently work towards their own goals.

So, how is it that some have figured out how to create a life they love while others are searching for the golden ticket to make it all work out? How is it that motivation, when working on goals, is a constant struggle for people in general? In this guide, I'm pulling back the curtain and giving you 10 motivation hacks for life goals that are used by the most successful influencers in the world today.

Jacquie Ellis
KICK-ASS PROCESS DESIGNER
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Let's Get Started!

As I mentioned, there are ten ultimate motivation hacks for life goals within the habits of the most successful influencers in the world today. Motivation is not something external, although many people think they need an external motivator. **External motivators are temporary and if you use them then you will rely on them consistently. But what if those external motivators weren't available to you? How would you be motivated then?**

The ultimate motivating hacks are internal and come from within you. They are the ones that will keep you going no matter what; to help you achieve your life goals.

Here are the 10 ultimate motivation hacks for life goals:

1. Meaningful Goals have Purpose
2. Interconnect Goals with a Vision
3. Defining YOUR Version of Success
4. Surround Yourself with Positive Influences
5. Be Mindful of How You Talk to Yourself
6. Integrate Kaizen into your Life
7. Learn to Optimize YOUR Time
8. Turning Downtime into a Life Goal
9. Obstacles and Beliefs Form Partnerships
10. The Only Failure is Quitting

Meaningful Goals have Purpose

When creating meaningful goals, it's important to understand who you are, what ignites your passions and how your gifts can be used in the world. It takes consistently being mindful and truthful towards yourself and towards others to begin understanding who you are truly meant to be.

Often, we are conditioned to act a certain way, to speak a certain way, and to do things for others that don't serve our true nature. When we can hack what we've grown accustomed to believing about ourselves, and begin to see our purpose. It is then that our goals will have purpose behind them and the motivation to achieve the goals will be infused into them.

What if you don't know who the real you is right now? What if you've spent your life pleasing others?

Then I ask you this one single question.

Isn't that a great example for a life goal *with a purpose*, to keep growing and learning more about who you are meant to be?

Interconnect Goals with a Vision

Interconnecting goals with a vision uses the psychology principle of anchoring. Life goals encompass more than just one aspect of your life. When you create meaningful goals with purpose and interconnect them with a vision, often they **include all six pillars of your life: career, health, wealth, personal development, relationships, and spirituality.**

[The Ultimate Life Goal Journal](#) uses specific questions to help create a vision for your life. It paints a picture of what will ignite happiness daily and what you need to work on for your goals. It also helps define what is working in your life and how that helps you bring stability in tough times.



Ultimate Motivation Hacks for Life Goals

When you can paint a clear vision of what you want your life to look like, how you make that happen becomes more fluid and natural. Your motivation to show up is easier and you no longer feel like you are sacrificing time or relationships to meet the goals you have. The hustle isn't a hustle because you are able to create more focus on what matters when your vision clearly aligned with your goals.

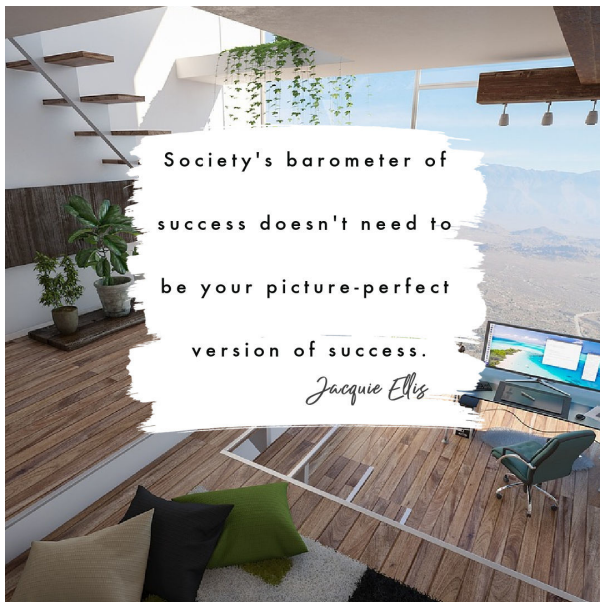
The last line you read was important so I'm going to repeat it.

The hustle isn't a hustle because you are able to create more focus on what matters when your vision clearly aligned with your goals.

The need to hustle or do something every moment of the day will make you sick, stressed and just plain miserable. It isn't necessary. You can create a life you love, and achieve your life goals. It is possible without constantly hustling. The secret is creating intention with your life goals and knowing where you are going. **Interconnecting, or infusing, life goals with your vision will make it easier to take action with intention.**

Defining YOUR Version of Success

What does success mean to you? I don't mean the definition of success from society's common viewpoint. I want you to define your own version of success. What would your quality of life look like specifically? How would you spend your days? What would your relationships be like and how would you interact with one another? The six pillars of life help define what success means to you.



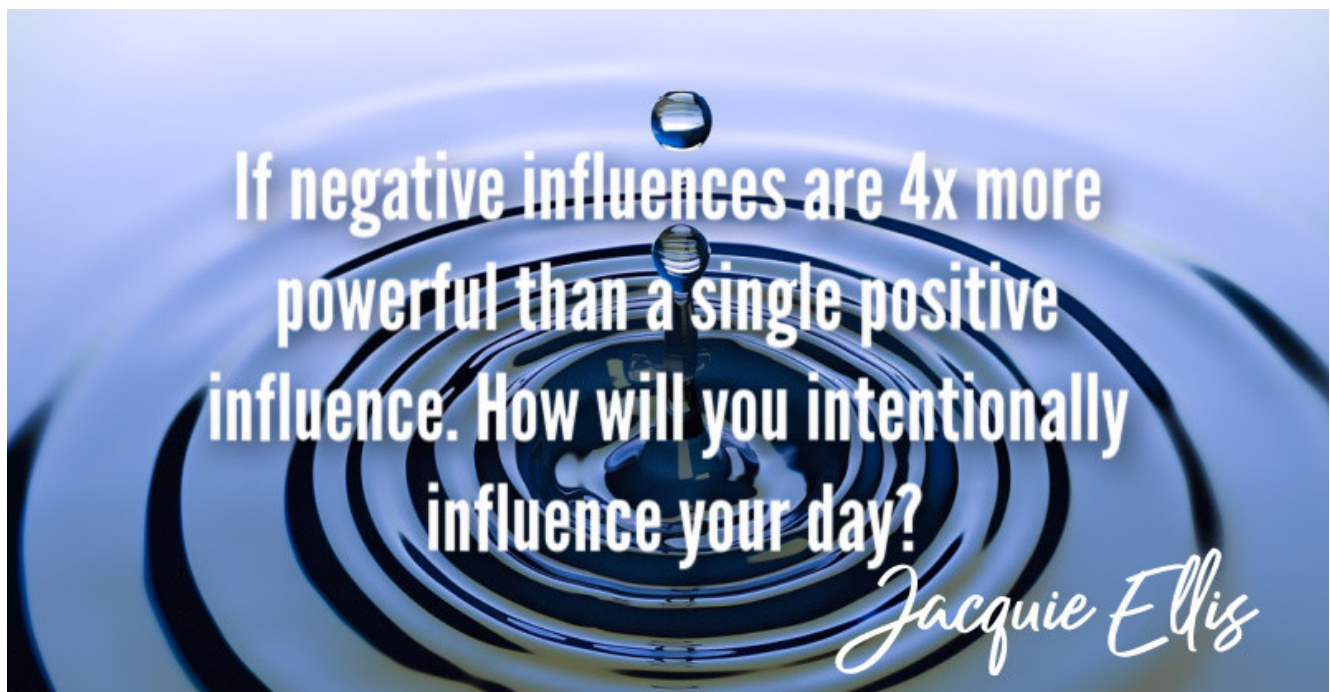
Often, we start out thinking success is what society shows us as the ideal version of success: the fancy house, the private plane, the fancy cars, and the fast-paced lifestyle. **What if your definition of success didn't match society's barometer of success?**

How would that change your perception of your goals?

As you get to know the real you and unearth old beliefs about yourself and what you are capable of, you may see a shift in this definition. When this happens it's exciting and filled with an abundance of motivation for your life goals.

Surround yourself with positive influences

Being intentional with those influencing our life is extremely important to maintaining our internal motivation. Studies have proven a negative influence to have four times more impact on our emotions than a single positive influence.



Choose positive influences with the friends you keep and the educational resources you consume such as podcasts, videos, books, etc. Limit your interaction with the negative influences in your life such as news sources and negative people.

It is most imperative to protect your mindset from negative influences, so your own internal thoughts aren't influenced in a negative way. Both positive and negative influences create a powerful ripple effect to your mindset. Choose wisely.

Be Mindful of How You Talk to Yourself

Mindfulness is being self-aware without judgement. Often our own struggle with motivation is linked to how we talk to ourselves. Journaling helps to notice our thoughts happening within our subconsciousness. The simple act of writing what comes to mind without judgement can be eye-opening and hugely beneficial for shifting beliefs you have about yourself and your abilities.

You do not have to be who your brain says you are. The thoughts you have are not you, they are your brain trying to protect you from an unknown (your future) and it is only believing the generational messages you learned when you were a child.

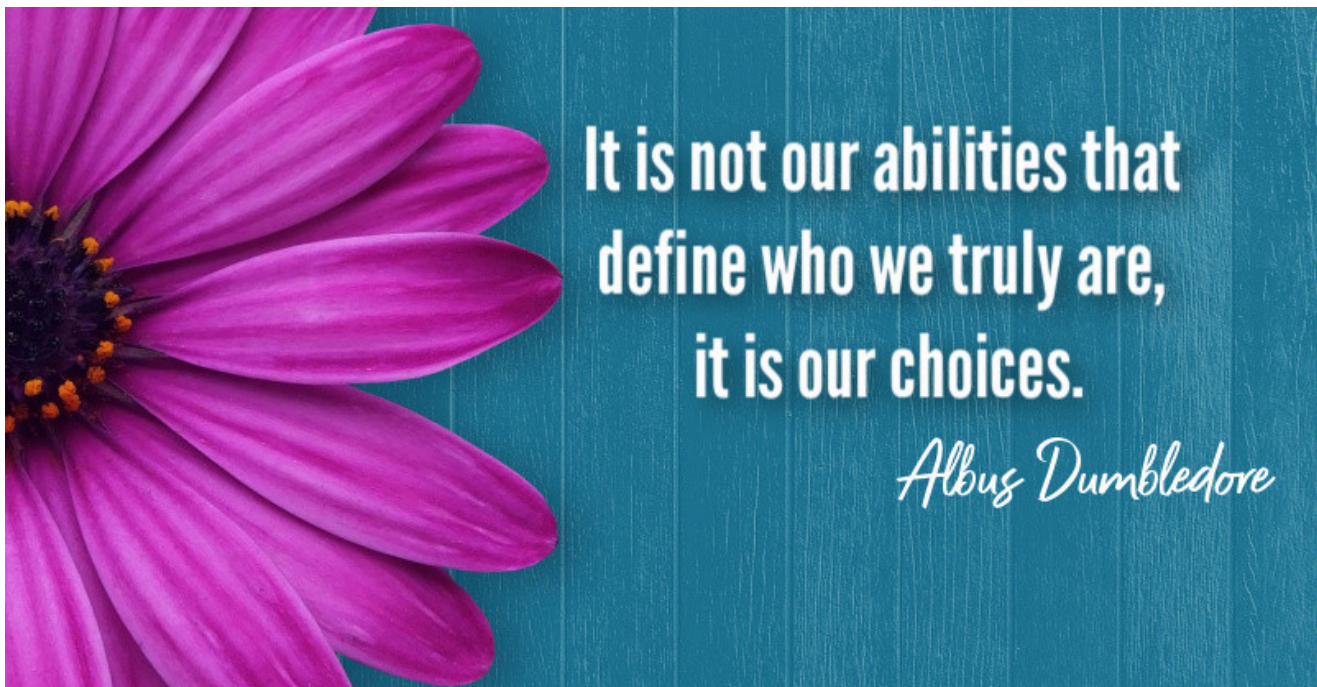
The bottom line, **you can shift the beliefs you have about yourself if you can unearth them.** If you don't notice them, they continue to create doubt and limit your potential.

Journal your thoughts to find the pattern, to discover beliefs about yourself that just might be creating obstacles you didn't see before. Your brain is powerful in stopping you from achieving goals, but it can be shifted to change your progress on those goals.

Just because your brain is trying to convince you that this old belief is the only way, doesn't mean that it is aligned with your life goals. You can overcome them, but first you need to unearth those beliefs.

Integrate Kaizen in Your Life

Kaizen is a Japanese term that we often use in Industrial Engineering. It means “change for the better” or “continuous improvement”. No one is perfect, but you can learn and grow with every opportunity. Will you sometimes make mistakes? Yes, but you can learn from them and continue to move forward with each learning opportunity.



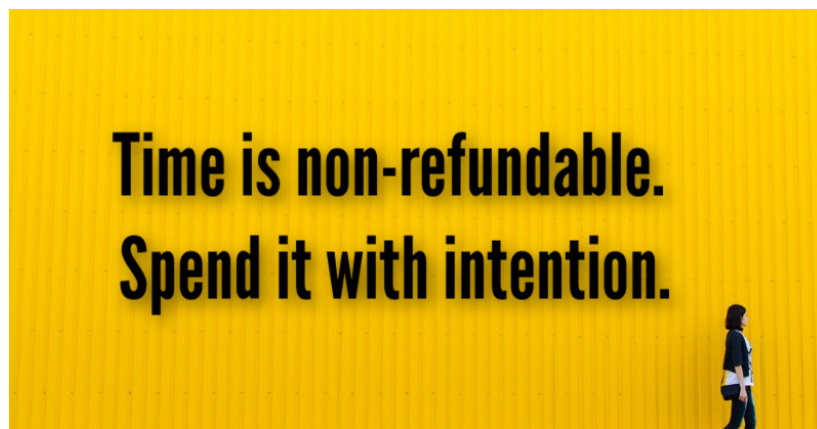
When it comes to goals, how you achieve them is part of the journey. The probability of them happening exactly how you planned is statistically improbable at best. However, that is part of your growth journey and becoming the person you are meant to become.

The lessons you gain as you adjust and learn from mistakes is true abundant wealth. It is those lessons that shape who you are meant to be and provide you with the motivation to keep going so you can learn more about yourself.

Learn to Optimize Your Time

In truth, a big part of optimizing your time is learning how to integrate all ten of these motivational hacks into your life goals. When motivation is baked into your life goals moving towards them becomes easier and natural in your everyday life.

Where most people fail at optimizing their time is by taking on too much themselves, not asking for help, or by choosing to do things that don't impact their life goals. They don't have a plan and frequently get overwhelmed. How do I know this? This was me, many years ago. I've been there and life royally sucked!



How did I get myself out of it? I used my Industrial Engineering skills and my belief hacking skills to Kaizen my life bit by bit. Helping others do this is my superpower. If I can do it, you can too.

You know deep down what will work for you, but many times doubt and old beliefs are holding you back. Using a mindset coach, like me, helps expedite this process so you can unearth those beliefs, shift them, and move forward.

Turning Downtime into a Life Goal

There is an epidemic in society that believes that the hustle is the only way to achieve your dreams. In truth, hustle and grind are the pathway to exhaustion, health issues and burn out. Nothing good comes from hustle and grind. Nothing.

Experts tell you to schedule downtime as part of your weekly routines. I agree with this in part. Downtime is imperative to rejuvenating the brain, igniting creativity, and maintaining healthy habits that keep you from burning out. It is creating healthy boundaries with yourself and others, so you can be at your best when you are with those you love, and continue to kick a\$\$ for your life goals.

But how do you do this without your brain thinking you are lazy and not being productive with your time?

In short, if you are truly creating a vision of life goals, one that I recommend in "[The Ultimate Life Goal Journal](#)", you will have downtime infused into the goals. It will be a priority for your health, your quality of life (wealth) and your relationships.

Life Goal benefits for downtime:

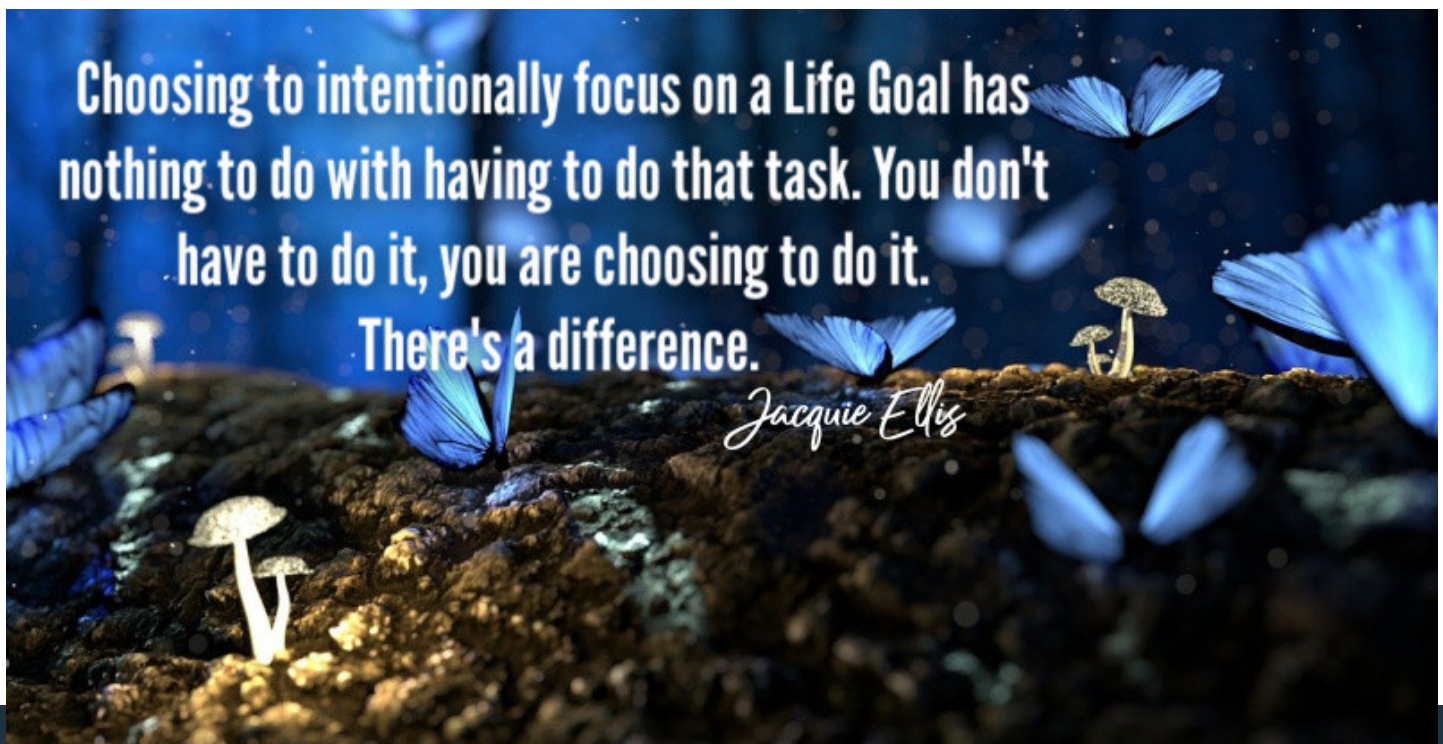
1. Proven Stress Hack
2. Improves ability to listen to your intuition
3. Re-energizes you
4. Improves creativity
5. Helps with mindfulness
6. Reinforces a healthy boundary habit
7. Use it for improving mental, physical, and spiritual health
8. Being mindful of your needs and those around you becomes easier
9. Your quality of life becomes intentionally aligned with Life Goals
10. You slow life down and add some Hygge Lifestyle to your routine

Jacquie Ellis

Obstacles and Beliefs Form Partnerships

Obstacles and old beliefs work very well together to stop you from achieving your goals. They can also kill your motivation if you don't see them for what they are, opportunities for growth. Most of the time, we think we can't achieve our dreams but in reality, it is a belief we are holding that is blocking us from moving forward.

Notice the words you use when talking about your life goals. Just the simple change in terminology will help shift a belief or add motivation when you are finding your energy lacking. For example, in my personal Life Goal planner I don't use the term "Must Do" because that puts a negative tone for what I am *choosing* to work on for the day. Instead, I use the terms "leading actions", "time-sensitive tasks" and "if I have time tasks". These help me bring focus towards my life goals and help optimize my time.



The Only Failure is Quitting

Read that again. The only failure is quitting. There are two scenarios when we don't achieve the goal we define. The first is we don't achieve it, but we learn from it, adjust the plan, and keep going. The other we don't achieve it, throw up our hands, and quit.

The only failure is quitting.

Many times, not achieving a goal provides us with valuable lessons that we need for a destiny we haven't seen or dreamt about.

What if what you are gaining in this lesson helps you become the person you are meant to be?

What if your life goals become even bigger than you've imagined because of the lessons you are destined to learn?

It's time

Life goals are more than just goals for your career, health or wealth. I believe life goals embody the vision you have for your life; your six pillars of life (career, relationships, health, wealth, personal development and spirituality). I believe anyone can create a life they love by being true to who they are and intentionally taking action. It's time to be simply you. It's time to create a life you love.

Jacquie Ellis

