

# TEN TIPS FOR DEVELOPING A MOTIVATED MINDSET

Denise J. Hart

## OVERVIEW

"To get what you want in life you must develop the ability to think in the way that will support your goals and dreams." ~ Denise J. Hart

When we're in hot pursuit of our dreams and goals it can feel effortless, but when enthusiasm wanes so can our motivation. Sometimes we falsely believe that our dream or goal is the problem, but truthfully what we need are stronger motivation muscles. We need a motivated mindset. We have to become mindful to do those things that will create an actual mind shift and then we can be assured that our motivation mojo will remain available pretty much in spite of anything we encounter.

I've compiled the following ten simple tips to help you to develop a motivated mindset:

### TIP ONE: READ PERSONAL DEVELOPMENT BOOKS

Spend at least 15 minutes or more a day reading something that will help you develop your highest potential.

### TIP TWO: DISCOVER YOUR CREATIVE WELLSPRING

Each week do something that you designate as being creative for you (from drawing a sketch to blowing bubbles)!

### TIP THREE: BE HONEST WITH YOURSELF AND OTHERS

Enough said!

#### TIP FOUR: BELIEVE IN YOUR CAPACITY TO CREATE AND THRIVE

This can't be stressed enough. You must believe that you are entitled to thrive in your life. Believe it and you're more likely to manifest it.

#### TIP FIVE: LISTEN TO INSPIRING MUSIC

Music is the universal language. It can make you feel uplifted and increase feelings of happiness and love. Keep your ipod stocked with powerful music to keep your mood on a high note.

#### TIP SIX: CREATE A MOTIVATING COMMUNITY

Surround yourself with supportive people. Remember that people will only treat you in the way you allow them to. Take command of who's in your community.

#### TIP SEVEN: STRENGTHEN YOUR COMMITMENT BY KEEPING YOUR AGREEMENTS WITH YOURSELF AND OTHER

#### TIP EIGHT: TRUST YOURSELF

If you don't trust yourself, don't expect anyone else to trust you or for you to trust anyone else. Enough said!

#### TIP NINE: DEFINE YOUR PURPOSE

Spend time identifying your mission and purpose. What do you feel you were meant to do in your life? Ask people you trust what they see as our mission and purpose. You can also read books that will help you define your purpose.

#### TIP TEN: PRACTICE RECIPROCITY

What you give out is what you will receive back. Be active in giving to others through supporting them and helping them to achieve their goals and dreams.

Practicing these 10 tips will help you to develop a motivated mindset and produce more success in your life each and every day.

#### ABOUT DENISE J. HART

Denise is a Performing Artist and Creativity Coach. She's the creator of the The Motivation Mojo System. She thrives on helping folks strengthen the necessary skills to achieve their goals and dreams. She's available for online coaching and you can find loads of great information on her blog at <http://www.motivationmama.com>