

Motivational Advice for Women and Girls: Time Tested Tips and Tricks to Stay Motivated and Inspired



Are you a woman or girl who feels a lack of motivation, or are you trying to but never reaching your goals? Do you feel stagnant, stuck in a rut, and ready for a change? Are you terrified of ending up old, with too many regrets and too little fulfillment? If you keep doing what you've always done, you'll never get motivated. Is this positive for you? Motivational Advice for Women and Girls: Time Tested Tips and Tricks to Stay Motivated and Inspired teaches you every step, including an action plan you've been too scared to reach for. This is a book of action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. Motivational Advice is full of real-life examples for women and girls, proven techniques that have worked for thousands of people just like you. These methods are backed up by countless research studies, all of which will arm you with a mind-set primed for success and powerful, concrete habit-busting techniques. Easy-to-implement small changes and practical takeaways for immediate action. What happens if you ignore your motivation? Learn where motivation comes from. Why should you care about your motivation? What goals you ought to shoot for. How will you learn to build motivation? Reframing the problem. Using mind maps. Focusing on the environment. Setting daily quotas. What happens when you don't let life pass you by? Never wonder what if you could reach your goal. Wake up every day with high energy and desire. Inspire yourself and others to create the lives you and they want. Feel comfortable with your identity.

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