

English conversation 21 2 2023

Motivation and Inspiration, Reaching your Goals

Who is your inspiration?

(in terms of work-career, family, life achievements)? Both positive and negative

What/ Who is your best motivation?

Do you read any motivation books?

What was the hardest goal you have ever set to achieve (in sport, at work, study...)?

If you set a goal that is hard to reach, how do you get ready for it?

Don't Assume Money Will Motivate You

Make Sure They're *Your* Goals

Visualize the Results

Break the Goal Down Into Smaller Pieces

Tap into Other People's Energy

Get Organized

Keep the Big Picture In Mind

Don't Worry About What You Can't Control

Seek Out Positive Information

Remind yourself why you set the goal

Be consistent

<https://www.bustle.com/articles/172824-11-ways-to-stay-motivated-focused-to-achieve-your-goals>

Motivation/ Inspiration books:

P. Ludwig: The End of Procrastination

Marie Kondo: The life changing magic of tidying up (what sparks joy, declustering)

The 7 Habits of Highly Effective People by Stephen Covey

Oliver Burkeman: 4000 weeks – time management for mortals (philosophical exploration of the modern relationship with time, along with how humans can make the most of a finite existence)

Mark Manson: The Subtle Art of Not Giving a Fuck