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