

1. Record Nr.	UNINA9910798470503321
Autore	Donovan Andro <1958->
Titolo	Motivate yourself : get the life you want, find purpose and achieve fulfilment // Andro Donovan
Pubbl/distr/stampa	Chichester, [England] : , : Capstone, , 2016 ©2016
ISBN	0-85708-699-5 0-85708-698-7
Descrizione fisica	1 online resource (235 pages) : illustrations
Disciplina	153.8
Soggetti	Motivation (Psychology) Success in business Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: Introduction 1 Part One: Discover Yourself: A Journey to You 1 Mind Your Values 19 2 Expressing Your Highest Self: Finding Your Purpose 39 Part Two: Free Yourself: What Gets in the Way of Your Happiness? 3 We All Have a RAT 63 4 Saboteur RATs Are Running Amok 87 5 Wired for Satisfaction 115 Part Three: Motivate Your Life: Design the Life You Want to Live 6 Envisioning 141 7 Life Planning - The Day to Day 163 8 Taking Care of Your Biggest Asset - You 185 Donovan's Ten Motivational Principles 209 References 211 Additional Resources 213 About the Author 215 Acknowledgements 217 Index 000.
Sommario/riassunto	"Do you want to feel more productive, more present and more inspired by your own life? Motivate Yourself offers practical strategies to improve your productivity and gives you the know how to create the life you want. Learn how to move past your self-doubt and propel yourself into living your dream. With practical exercises featured within each chapter, this book will help break those emotional barriers that hold you back and set you on the path to becoming fully engaged and more productive. Kick start your productivity journey today and: Quieten that negative inner voice that inhibits your personal growth Wake up to

the possibility and opportunity of a different way of living. Learn how to motivate those around you with productivity at the center of everything you do. Challenge yourself to discover who you really are and what you are truly capable of achieving"--

"The thinking behind Motivate Yourself: Get the most out of life, find purpose and achieve fulfilment is grounded in twenty years of working with top-level Executives, who, whilst successful on the level of career achievements, still yearn to be more fully engaged and satisfied. Andro Donovan has helped literally all kinds of people, from troubled East London teenagers to CEOs of global corporations. The fundamental questions answered in this book: "Do you want to live life more fully, more authentically and more meaningfully, right down to the core of your existence?" ... "Do you want to make a greater difference and contribution through your everyday involvement?"... "Do you want to feel more productive, more present, purposeful, satisfied and inspired by your life?" This book answers the questions, 'What next?' 'How can I achieve more meaning, productivity and purpose?' And then offers practical motivational strategies to create the life you want today and in the future. Motivate Yourself: Get the most out of life, find purpose and achieve fulfilment will carry the reader beyond the self-doubt of 'could I?' and 'should I?' and take them into a world of 'want to' and 'love to' and 'will do'"--
