



"KEEPING THE MOTIVATION" Printable PDF

Xerces Simpson, Personal Empowerment Coach

I love what I do. And to be honest, working with so many women to help empower them and break through some of their limitations to be success in their life and business, you'd be surprised how many women deal with lack of motivation, including myself at times.

"What? Xerces? You as a Personal Empowerment Coach lacks motivation sometimes? Are you serious?"

I do. I definitely do. I feel incredible at least 95% of the time. That last 5% is inevitable.

The reason this is hard to believe is because in the world of entrepreneurship, we don't talk about the down times, the times where we aren't motivated to work, to do what we desire to do.

We avoid negativity and talking about negativity with others. It gets ignored often!

We believe that by suppressing negativity, we prevent it from manifesting or coming to life. Heaven forbid, we manifest or think something "bad."

Feeling off, bad, or low vibe from time to time isn't the end of the world, nor will it cause you to manifest negativity.

However, if you try to push, suppress, or keep this negativity inside, you will end up having more bad days because you aren't allowing the space to learn from what life is trying to teach you, even in those not so happy moments!

So what I've decided to do is create this small working PDF on how to process through the negativity, the lack of motivation, and help to get you into a better mind space.

I truly feel that it's my job as a personal empowerment coach to help women to understand their mind and how it works, even on a bad day. You deserve to learn the tools that you need in order to work through your emotions.



Being Accepting Of Your Feelings.

When you begin working through this working PDF, make sure you allow yourself space and time to work through this at your own pace.

Below, answer the following about how you're feeling right now:

On a scale of 1-10 (with 1 being "eh, not really" and 10 being "Oh yes, really bad," how would you rate the intensity of your feelings and fully describe how much they're affecting you right now?



Being Accepting Of Your Feelings.

Use the space below to write out everything that's bothering you. Let it all out my dear. No one is going to judge you, or anything of the matter! This is an extremely safe space. The more you write, the more you release from the depths of your mind, thus overcoming it faster.

Take a deeper look at the meaning:

Why do you believe that you feel this way? Was there a trigger or source that caused your emotions?



Take a deeper look at the meaning:

Take 10-15 minutes to close your eyes and meditate. It's important that you do this one! The answers to the above questions may or may not come through in this time period, but either way, showing the Universe/God that you are ready to receive will open you up to the flow of guidance.

Did anything come through in your meditation? What does your inner self want you to know about the way that you are feeling? Do some free writing below, inviting the guidance to flow through your hand.



Take a deeper look at the meaning:

How do you feel right now? Did letting it out and asking for guidance help? If yes, yay! If not, don't worry. We still have more to do.

TAKING ACTION ON YOUR MENTAL WELNESS

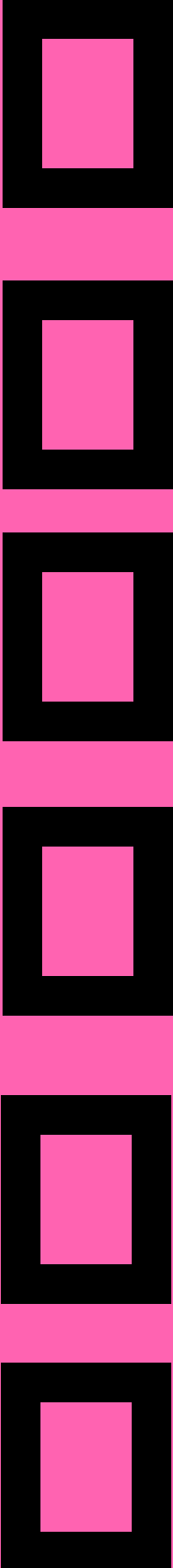
I'm sure that you've heard this many of times, but it's especially relevant right now. If you keep focusing on the fact that you're feeling off, having a bad day or stuck in a low place, all of those emotions will trickle down into making you feel even worse (I know right?)

Using the Healthy Motivation checklist, your goal is to take the focus off of you, and onto something else. You'll quickly find that as soon as you lose yourself in a distraction that serves you, your lack of motivation and unhappiness will pass.

Below is a large checklist of things that I do when I'm having a bad day. I give you this list because I have found that they work really well for my clients and myself too. Chose any, or all, of the below, and feel free to choose your own distraction too. There is no right or wrong here.



TAKE ACTION ON YOUR MENTAL WELNESS



Make a list of 10 things you're grateful for. Even in the shittiest of times, your heart is still beating. There is still so much to be grateful for. It's impossible to feel sad and grateful at the same time.

Put on some music and dance around the **WHOLE ENTIRE SONG!** I'm telling you, this works! This one is my **GO TO!**

Send a letter to someone you care about letting them know how amazing they are. Make this letter genuine and **AWESOME.**

Put on a self-help audiobook for just 10 minutes or listen to one of my empowerment messages! Hearing an inspiring message will remind you that you will make it!

Take the day off of social media. Sometimes our anxiety comes from watching everyone's highlight reels. Sign out of Facebook or Instagram until tomorrow.

Sleep it off. If the things above didn't help along with meditation, its time to take a nap. Sleeping allows us to reboot.



STILL NEEDING HELP?



Work with me 1:1 to unleash your inner boss to love Your Mind & Biz, and make major life breakthroughs.



Join the Empowered Mind of A Business Woman Facebook community to surround yourself with other like-minded Empowered Minded Women!



Check out my 4-Hour Intensives where I help you to completely go through your life and revamp EVERYTHING to live your desired life!



Follow me on Instagram for more inspiration, tips, and resources.

www.instagram.com/xercesloveyourmind



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