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All meaningful change in life begins from within.

Hani Al-Qasem

## **21 Steps to Staying Motivated - Summary**

Motivation is a key ingredient that will allow you to have a better quality of life.

Getting that initial burst of motivation to achieve your aspirations and dreams is generally easy. But staying motivated in the long term can be a lot harder.

For you to accomplish all your goals and increase your success, you will need some practical steps to keep yourself motivated in the long term.

As you read the *21 Steps to Stay Motivated*, your motivation will soar and you will achieve much more than before.

You will be eager and enthusiastic to get more done each and every day.