



Helping Organizations and People Achieve More of their Goals More Often

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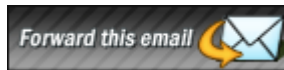


Top Six Ways to Stay Motivated

1. Get motivated every day
2. Have a vision for your life
3. Fuel your passion
4. Work hard enough to get results
5. Put good materials into your mind
6. Ride the momentum when it comes

These are simple principles, that when you put them to work regularly, will change your life by keeping you motivated all the time! Get going!

Welcome to all of our new subscribers since last month! Do you know someone who could use a monthly dose of motivation, inspiration, and tips to take charge of their professional and personal life? If so, forward this newsletter to them and encourage them to subscribe.



If this newsletter was forwarded to you and you'd like to subscribe, please click on the link:

Welcome to the Catalyst Community!

Upcoming Events and Announcements

Delaware Today Names Michelle as one of the "Top Women in Business 2008"



Remember: "Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can send it. Once you've lost it, you can never get it back."

Harvey Mackay

Business Corner

Helping Cutting Edge People Sharpen Their Saw

Your biggest break can come from never quitting. Being at the right place at the right time can only happen when you keep moving toward the next opportunity.

Not For Profit Corner

Creating a Plan to fulfill Your Passion!

Know Where You are Going

If you do not know where you are going, any road will get you there. For years, most not-for-profits focused on their mission. Now, you must look at the organization's vision, which describes what the organization will be in five to ten years in the future. Once that is determined, you can decide on the key steps to get there.

Questions for Consideration:

- What makes your vision dynamic enough to be a motivational force in your organization?
- How do you communicate your vision to your stakeholders?
- How have you aligned your staff, board, and volunteers to achieve your vision? What "roadblocks" are in the way?

Maintaining Momentum:

"Why am I doing this?"

As you move down the road towards your goals, it can be easy to forget your motivation for initiating the process. Challenges, obstacles and negative attitudes can begin to crowd out the reason why you felt the need to achieve the goal in the first place. Make it a point to stop and ask yourself, "Why am I doing this?" What's my expected end result? Why do I feel compelled to spend that most scarce of resources - the time I have on this planet - on what I'm doing? Why is what I'm doing important to me? What inspires me about it? How will I feel when I accomplish my goal? What effect will it have on my life? What effect will it have on the world around me? Goals are great, but they can also start to ring a little hollow when separated from the real motivation. Asking yourself, "Why am I doing this?" on a regular basis can help ensure that you stay connected to the rewards - financial, emotional, or otherwise - of achieving those goals.

If you want to make sure you keep taking consistent, persistent action for the long-term, make yourself accountable. That accountability is one of the things many of my clients find valuable about working with me. Each week they commit to taking some action that has come out of that week's session, and they know that the next week I'm going to say, "So how'd that go?" They know that I'm going to press the issue if they let it slide, so it tends to keep them moving forward and taking action. Building that accountability into your own journey is a great way to make sure you stay engaged and on track. It could be as simple as telling a friend what you intend to do in the coming week, and asking them to check in to see how it went. Or you might find someone else who is on a similar journey towards their dreams and act as accountability partners. First commit to taking a set of specific steps within a certain time frame (e.g., the next week, or two weeks, or month), then get together on a regular basis to review what you each did and commit to new steps.

When you're moving ahead in isolation, it can be easy to let steps slide when things get too busy, or the steps you need to take are too uncomfortable, or when you just feel like procrastinating. If you don't do what you told yourself you were going to do, well, who knows? Nobody but you. That in turn can lead to a slippery slope of inactivity. On the other hand, when you commit to doing something and you have a witness you know will be holding you accountable for doing it, it's a lot harder to be a slacker. Like the proverbs states,

"Iron sharpens iron."

Catalyst Enterprises International is a global service company committed to the growth and development of people, businesses, and organizations. Our focus is helping organizations and people achieve more of their goals more often. Services provided include:

- Corporate/Executive & Personal Coaching
- Organizational Development
- Strategic/Business Planning

For more information, please visit our web site.

Until Next Time... Have a Purposed Filled Day!

Michelle