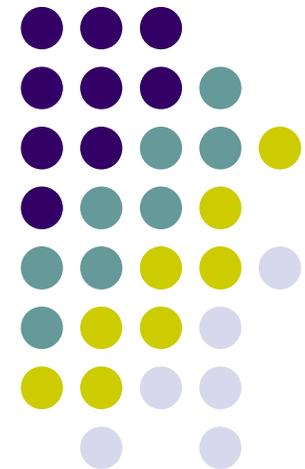


# Motivational programmes

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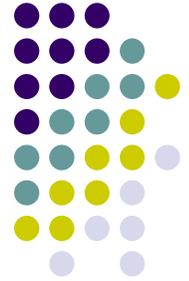
By Dace Rodzina  
The Organisation of People with Disabilities  
and their Friends APEIRONS  
Girona, Spain  
May 12th, 2009





# Motivational programmes

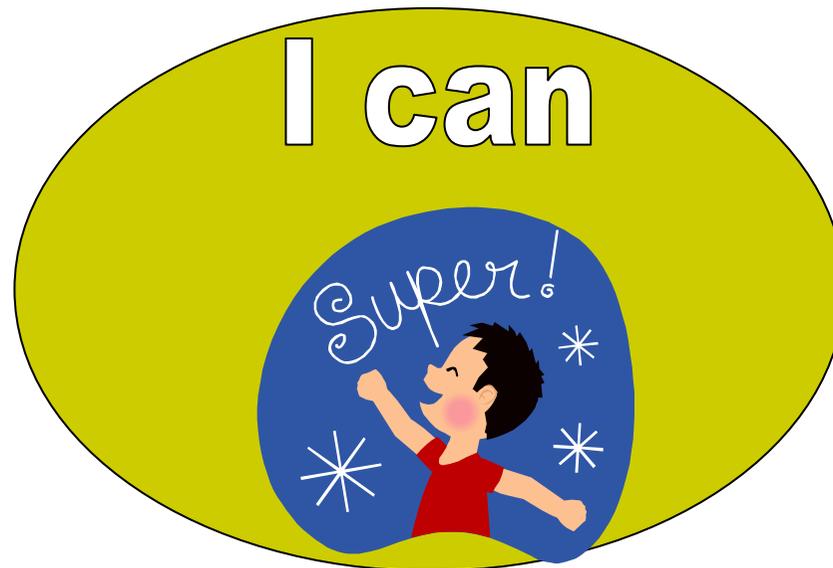
- Enable participants to see their potential
- Build understanding what people really want and how to get it
- Inspire people to set breakthrough goals and reach them
- Raise awareness of success principles/ universal laws that affect human lives
- Encourage people to take 100% responsibility for their life



Dale Carnegie:

“We all have possibilities we don’t know about. We can do things we don’t even dream we can do.”

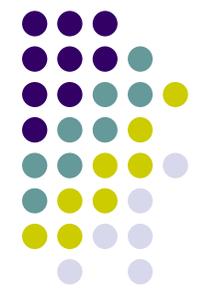
**I can't**



**I can't**

**I can't**

**I can't**



I can but I'm not aware of it

**I can**



**I can't**

**I can't**



**I can't**



**I can't**



You are the masterpiece of your own life;

You are the Michelangelo of your own life;

The David that you are sculpting is you

/Dr. Joe Vitale, from the movie The Secret/



**You are  
100% responsible  
for everything  
that does or doesn't  
happen to you.**

# You have to understand that



You have always had the power

- To make it different,
- To get it right
- To produce the desired result

The question is what do you do with this power? Most people choose not to exercise that power.

# The Golden Rule of cause and effect



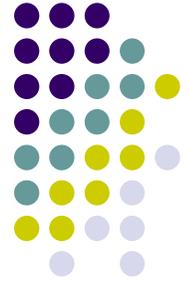
You reap what you sow



**If we are not satisfied with what's going on in our lives, we should ask ourselves,**



- How did I create that?
- How did I get the other person to act that way?
- What did I do or not do to create that?
- What did I say or not say?
- What do I need to do differently next time to get the result I want?



$$E+R=O$$

(Event + Response = Outcome)

# If you don't like the outcomes you are currently getting,



there are 2 choices you can make

1. You can blame circumstances or other people for your lack of results
2. You can instead simply change your responses to the events until you get the outcomes you want



# What is Success?

- **Making loads of money**

“When I was young I thought that money was the most important thing in life; now that I am old I know that it is.” (Oscar Wilde)

- **Achieving your goals**

- **Fulfilling your potential**

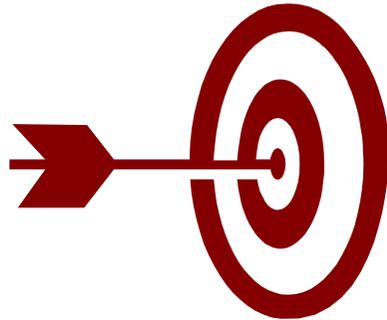
# What is Success?



Ralph Waldo Emerson:

*"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived; this is to have succeeded."*

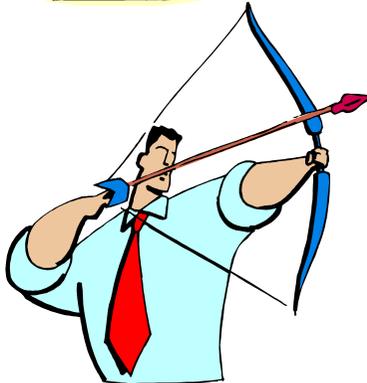
# Mark Joyner's formula for success



Step 1. See your Target



Step 2. Keep it in your sights.

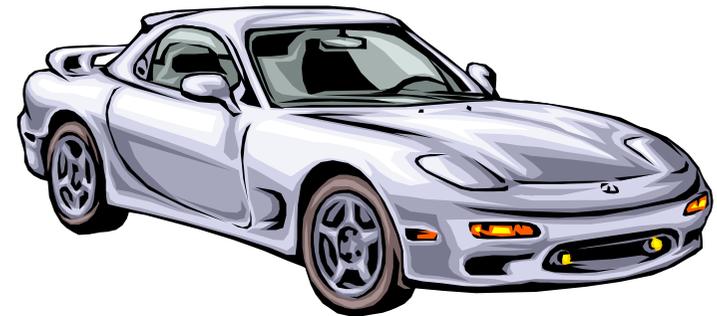


Step 3. Hit it! Until you hit it.

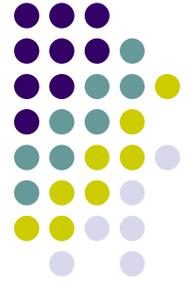
# Step 1. See your Target



People don't get what they want  
because they do not know what they  
want



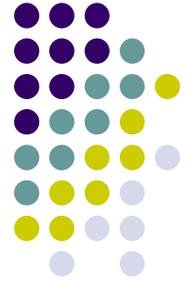
# You have to decide what you want to be, do and have.



- What do you want to accomplish?
- What do you want to experience?
- What possessions do you want to acquire?
- What does success look like to you?



# If you don't know what you want consider these:



- 1) What makes your heart beat with excitement?
- 2) What makes you happy?
- 3) What are you consistently thinking of day & night?
- 4) What do you want to do for the rest of your life?
- 5) What do you enjoy doing?
- 6) What are your obsessions?
- 7) What things make you jump with joy?

# What do you want in your life????????



- Do you want the freedom and security of having more money?
- Do you want a successful business? Maybe a business empire?
- Do you want to meet, romance and marry the love of your life?
- Do you want to add passion and fun to your marriage?
- Do you want great kids?
- Do you want to help your community?
- Do you want to be remembered as being an outstanding humanitarian who made a major contribution to the world's future?
- Do you want to be an accomplished artist, musician, athlete, writer?
- Do you want to be a great doctor, lawyer, scientist, engineer?
- Do you simply want a rewarding life with good friends, loving family, and no worries?

# Life purpose

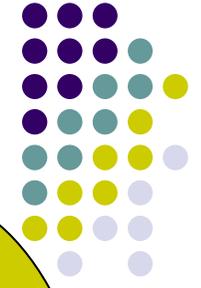
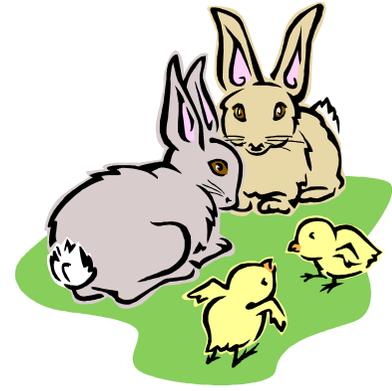
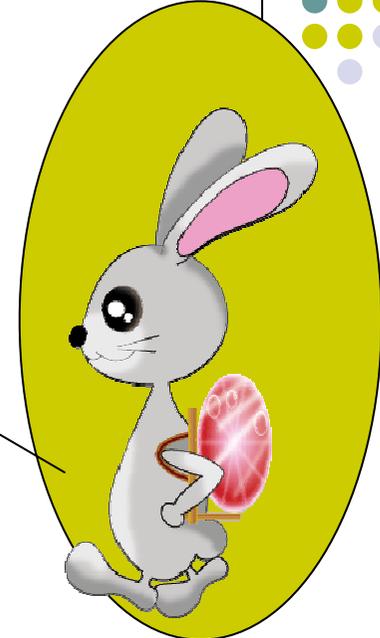
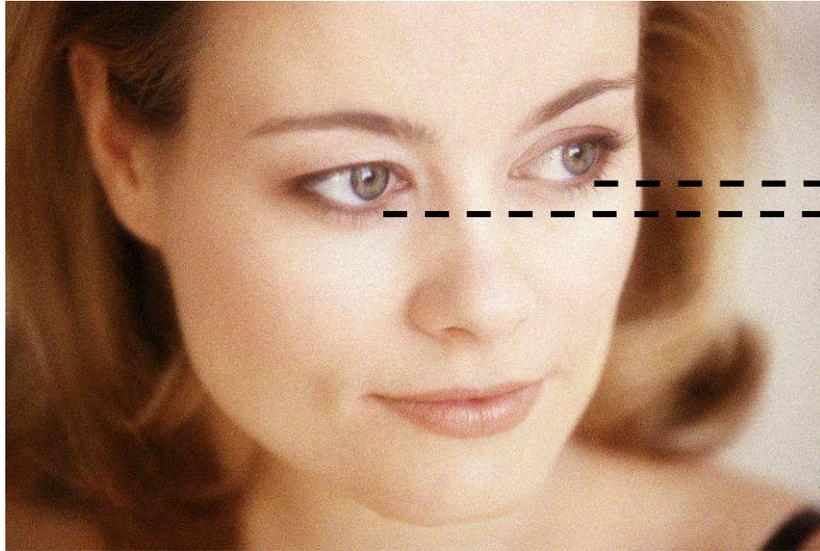
- A compass to guide
- J.Canfield, “You don’t want to get to the top of the ladder only to find out you had it leaning against the wrong wall”.



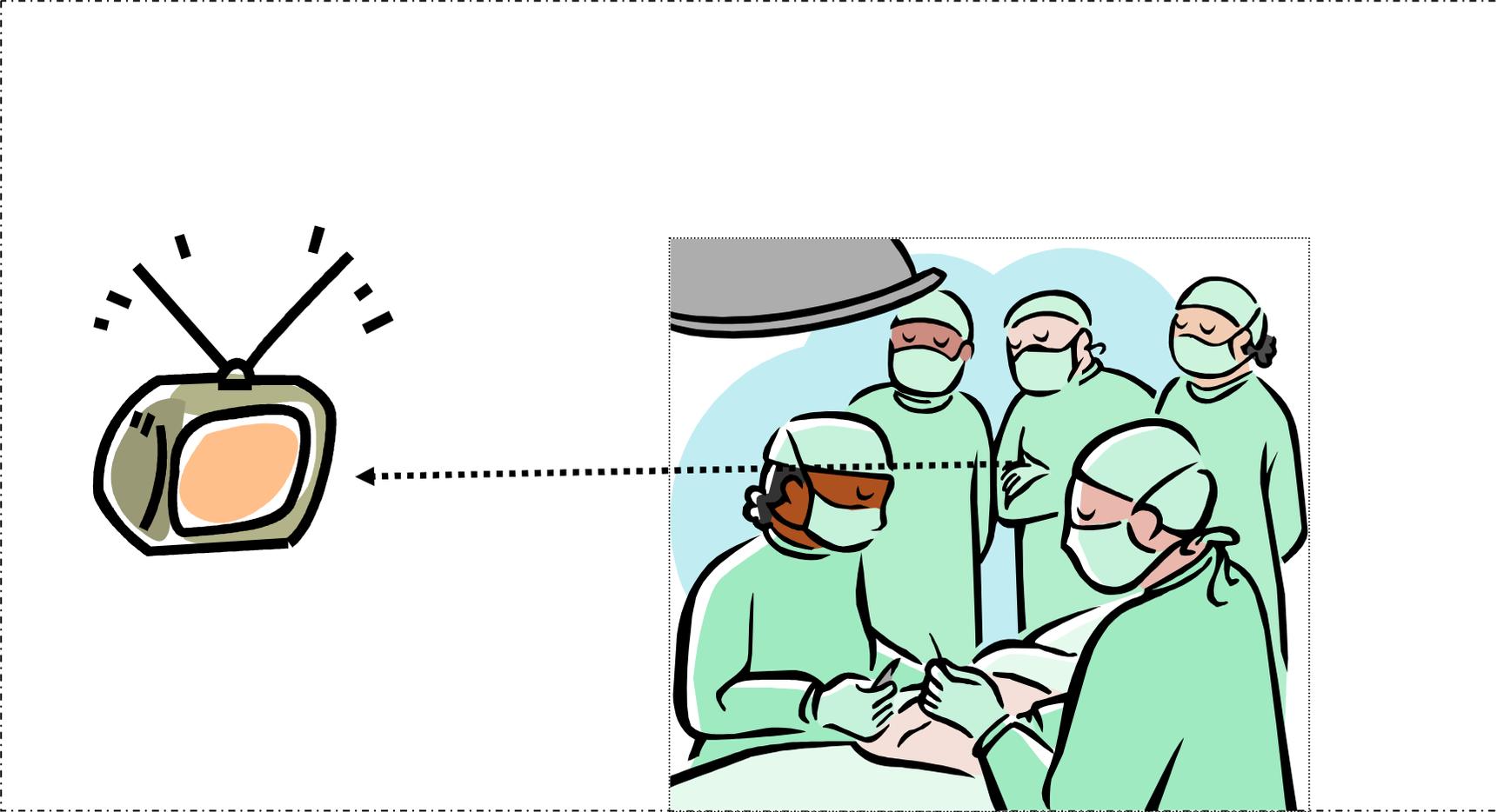
# Step 2. Keep the Target in your Sights

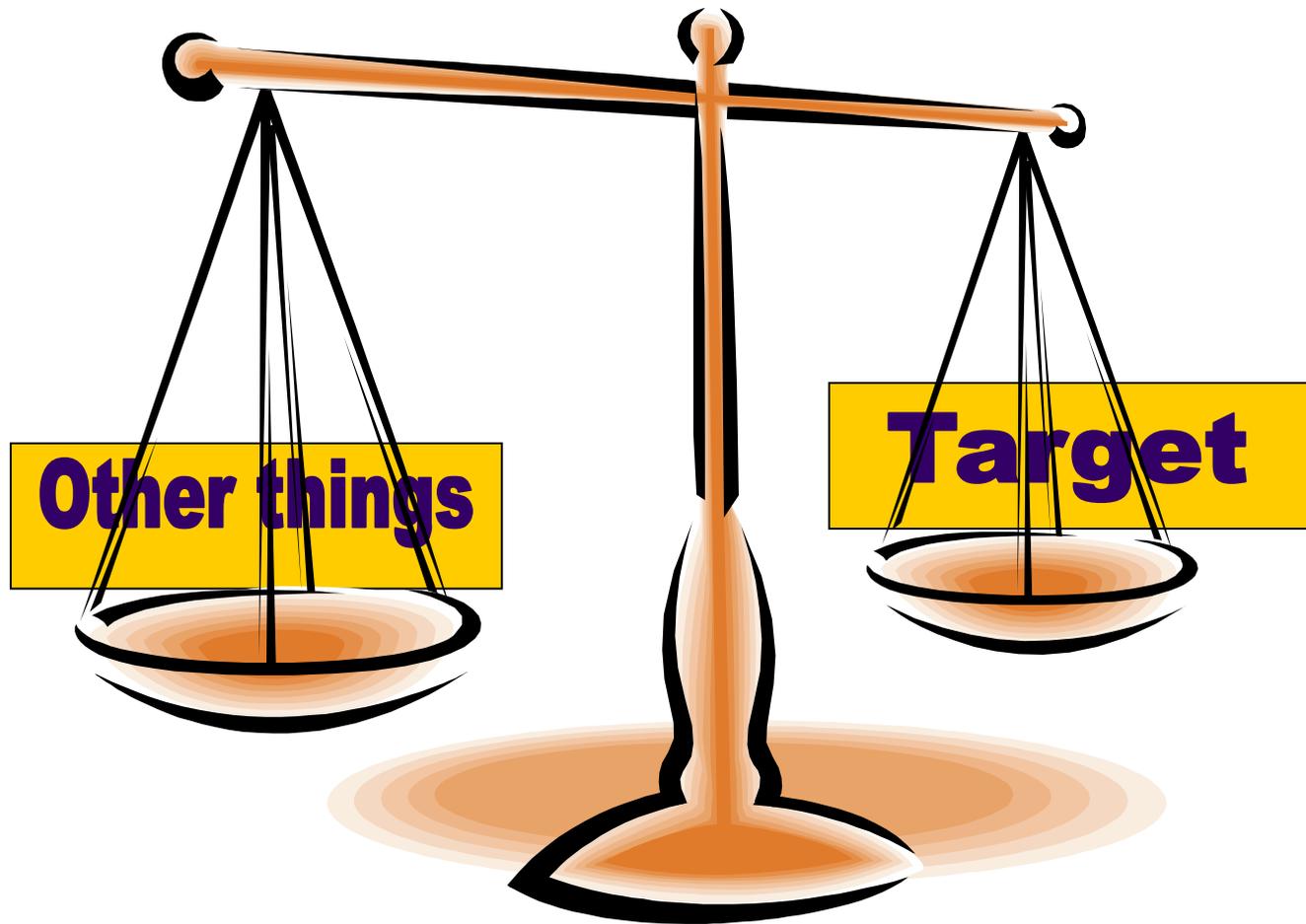


# Distraction

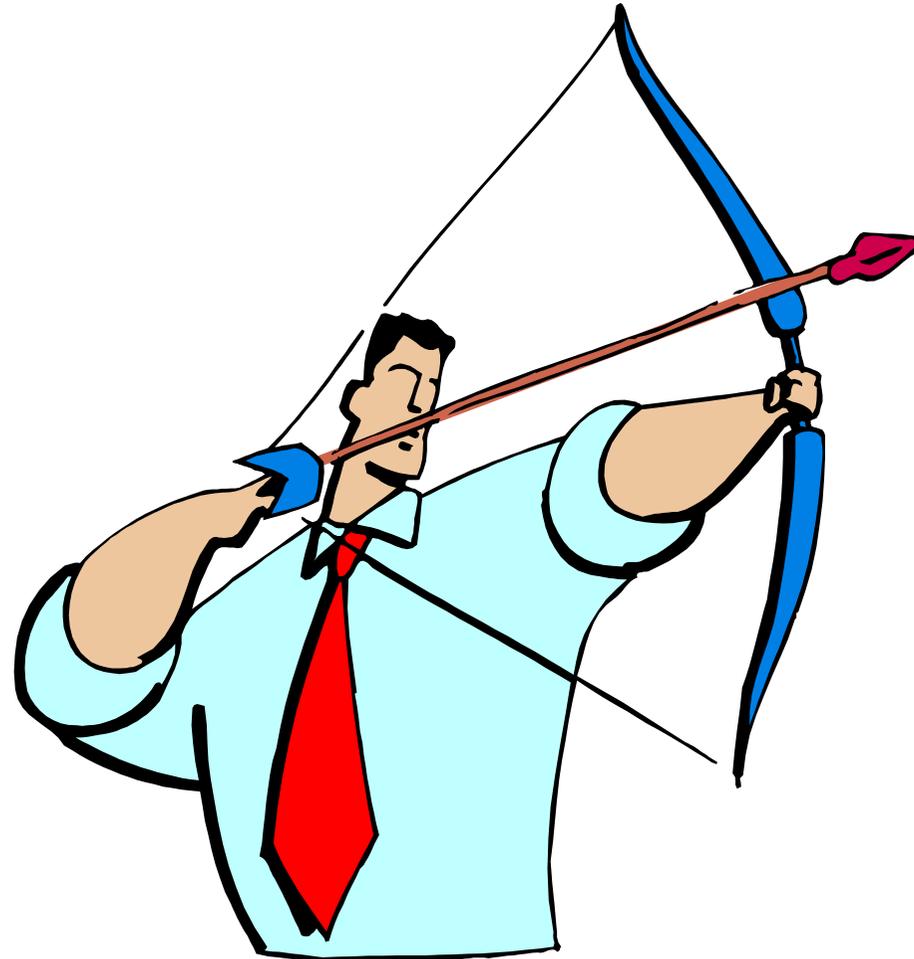


In order to accomplish something, you must focus sufficient attention on it





**3.solis – Hit the target! Until you hit it.**



# Key to success



Michael Masterson "Action is the key to success, and failure to act is the reason most people will never achieve the kind of success they dream about"



# What about the religion?

**Jesus Christ,** Ask, and you will receive. Search, and you will find. Knock, and the door will be opened for you. Everyone who asks will receive. Everyone who searches will find. And the door will be opened for everyone who knocks. (Mathew 7:7-8)

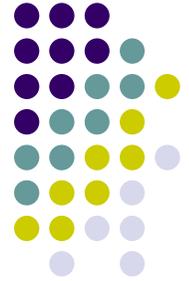
**Buddha,** “Work out your own salvation. Do not depend on others.”

# Elvis Presley's Advice



You can achieve anything you want "so long as you have faith in God; have faith in yourself; work hard and never let anyone tell you, you can't do something".

# Work hard

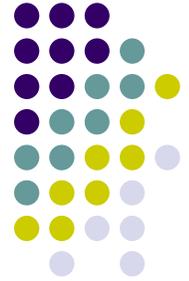


Peter Vidmar "There's only two things I had to do to win the Olympic gold: Train when I wanted to, and train when I didn't."

**Don't give up!**



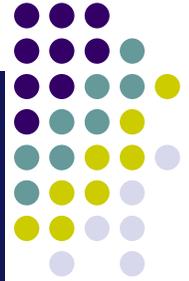
# Success lies in perseverance



"Success is the child of drudgery and perseverance. It cannot be coaxed or bribed; pay the price and it is yours" (Orison Swett Marden, 1850-1924).

# Winston S. Churchill

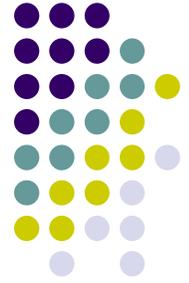
KBO – Keep  
buggering on!



“Don’t be content with things as they are. The earth is yours and the fulness thereof.”

From My Early Life by WSC

# Winston S. Churchill



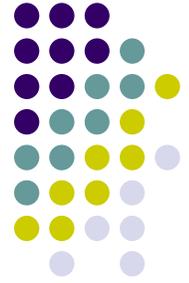
"Never give in--never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense."

"We shall fight on the beaches. We shall fight on the landing grounds. We shall fight in the fields, and in the streets, we shall fight in the hills. We shall never surrender!" Speech about Dunkirk given in House of Commons June 4, 1940.

# Thomas Edison, the greatest inventor in American history



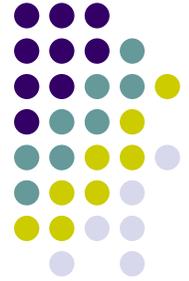
- Totally deaf in his left ear and had only 10% hearing in his right ear.
- His teachers complained that he was "too slow" and hard to handle.
- His mother decided to take him out of school and teach him at home.
- At the age of 10 he had already set up his first chemistry laboratory.



# Thomas Edison

When Edison invented the light bulb, he tried over 2,000 experiments before he got it to work.

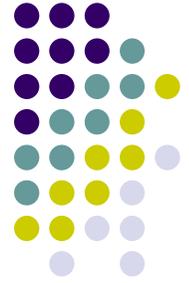




# Failure?

- Edison failed 25,000 times in his effort to create a simple storage battery
- When a reporter asked him how it felt, his reply was, "I don't know why you are calling it a failure. Today I know 25,000 ways not to make a battery. What do you know?"

# Edison cylinder phonograph



# The birth of phonograph



Thomas Edison's laboratory was virtually destroyed by fire in December 1914. Although the damage exceeded 2 million dollars, the buildings were only insured for \$238,000 because they were made of concrete and thought to be fireproof. Much of Edison's life's work went up in spectacular flames that December night.

At the height of the fire, Edison's 24-year-old son, Charles, frantically searched for his father among the smoke and debris. He finally found him, calmly watching the scene, his face glowing in the reflection, his white hair blowing in the wind.

"My heart ached for him," said Charles. "He was 67—no longer a young man—and everything was going up in flames. When he saw me, he shouted, 'Charles, where's your mother?' When I told him I didn't know, he said, 'Find her. Bring her here. She will never see anything like this as long as she lives.'"

The next morning, Edison looked at the ruins and said, "There is great value in disaster. All our mistakes are burned up. Thank God we can start anew."

Three weeks after the fire, Edison managed to deliver his first phonograph.

# Abraham Lincoln

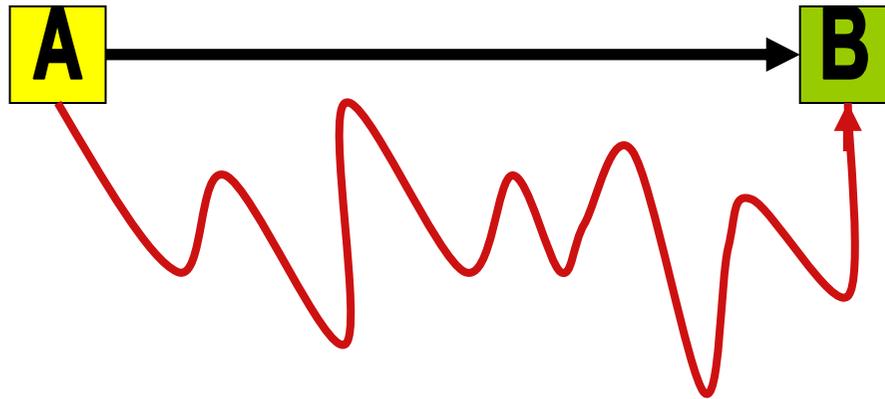


- He failed in business in 1831
- He was defeated for legislature in 1832
- He failed in business again in 1833
- He suffered a nervous breakdown in 1836
- He was defeated for speaker in 1838
- He was defeated for elector in 1840
- He lost his bid for Congress in 1843
- He lost his run for Senate in 1855
- He was defeated for Vice President in 1856
- He lost another run for Senate in 1858
- He was elected President in 1860



# Take the shortest path

The shortest path between two distances is a straight line.

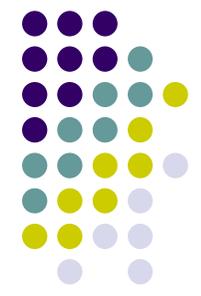




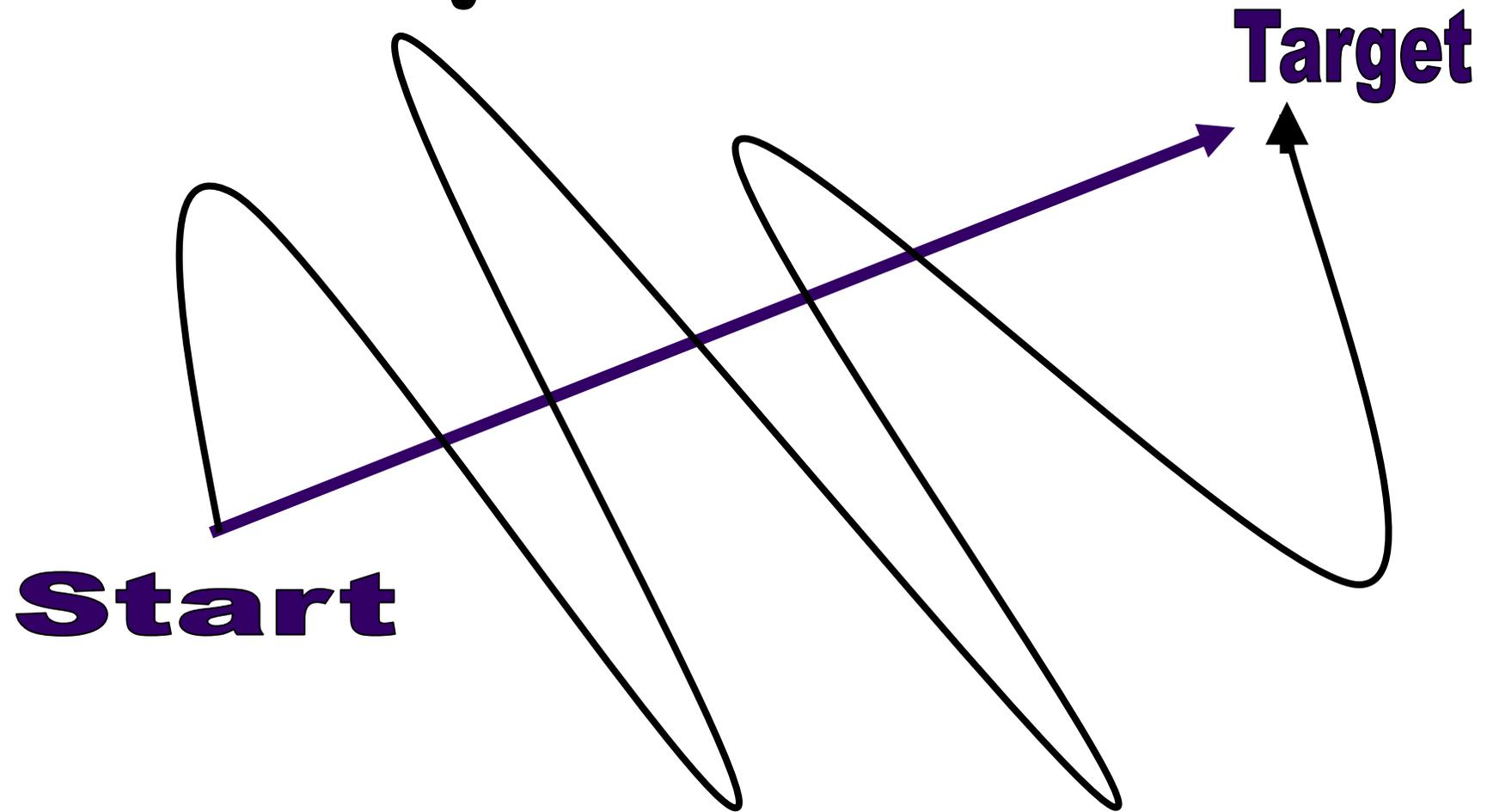
**Target**

**no distractions**

**Start**



# Route to target with distractions





<b>Do's</b>	<b>Don'ts</b>
1. Select a target.	1. Don't waste your time daydreaming.
2. Keep it in your sight.	2. Get carried away with different theories and movements.
3. Take action!	3. Do nothing. Try. If you fail, give up!