

## **“Motivate Me!”**

### **What can you do to motivate & inspire yourself?**

When I need motivation, where do I turn? Who motivates the motivator?  
Do I send myself balloons?

#### **No balloons -**

Instead, I call a friend. I have about five people in my life who never forget who I am and what I am about. They will always let me be petty, or feel sorry for myself, and even listen to me grumble about life and whatever is bothering me. They let me do this for about five minutes, then they say... “hold the phone while I get a crying towel.” Then, they have my attention. I begin to see that I must sound like a real complainer. They will then remind me of the people I have trained, the difference I have made to them and others. They always let me know that my work is where my joy is...find the joy and give up the pettiness. These people love me and will always be there for me and not let me give-in too long to the dark side. The rule is always the same, let me vent just enough to be able to get over it. Never let me vent to the point of ‘whinerism’. This method always works! The only hard part is finding those five precious friends who will never let you down.

**Ice cream works, too!**

**Pralines and cream ..... yummmm!**

There is a list on my desk top called “Thanksgiving” It says “Thanks for my jobs” “Thanks for my health” “Thank you, that I didn’t break my right wrist” Thankings... it’s a variation on “count your blessings” It works every time! It’s also very inspiring @>--- ;-)