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**** One way to motivate yourself is to keep some usual promise. To go to someone I cared about either personally or professionally and make a real big promise to them. Something that takes all the creativity and effort I had to make it happen. Although some of these promises I made weren't kept, it's not really an intelligent way to self-motivate.

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100 Ways to Motivate Yourself amazon.com

After reading the positive reviews, I was excited to receive the audio-book of "100 Ways To Motivate Yourself" by Steve Chandler. Unfortunately, I ended up disappointed! On the positive side, the content is good, and Mr. Chandler does a reasonable job covering the broad topic of motivation. The negatives, however, outweigh the positives.

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To motivate yourself, promise yourself a reward for after you accomplish a task on your to-do list, like a walk to get a coffee or hanging out with your friends. Also, schedule yourself regular breaks so you have something to look forward to. For example, if you're studying or working on a project, give yourself a 10-minute break every hour.

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