



100 Ways to Motivate Yourself: Summary of the Key Ideas - Original Book by Steve Chandler: Change Your Life Forever

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“100 Ways to Motivate Yourself” provides many effective and extremely valuable motivational tips and ideas. It is a complete small size guide of motivational content; it provides concise motivational bullets that can help you change your life.

Who should read this book:

- Managers and business owners who want to learn how to motivate others.
- Employees in all sectors who are interested in finding ways to be more motivated.
- Anyone looking for ways to get more energy to keep going after their dreams.

In this summary:

Chapter 1: Lie on your own deathbed

Chapter 2: Create an image of what you want and live it as if it already existed

Chapter 3: Simplify your life and don't put anything unnecessary in your future

Chapter 4: Know what motivates you and keep a track record of your accomplishments

Chapter 5: Find your master key and plan your work precisely

Chapter 6: Look for challenges and stop seeking comfort

Chapter 7: Use your imagination productively and face your fears

Chapter 8: Approach problems as you play games and don't take no as an answer

Chapter 9: Don't underestimate the power of small goals

Chapter 10: Make time for yourself and keep exercising your willpower

Chapter 11: Final Summary

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