MOTIVATION BOOSTER
KEYS TO BOOSTING MOTIVATION

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Introduction

I have been writing at my blog (www.lifeoptimizer.org) since September 2006. Over the years, I have published hundreds of articles there on personal effectiveness.

Among them, my motivational articles have received a good response from readers. These are articles that encourage you to live your life to the fullest, to become everything that you can be. I have received many comments and emails over the years from those who feel encouraged by them.

So, rather than leaving them gathering dust in the archives, I think it’s a good idea to pick the best ones and put them together into one package. The result is this book: a collection of my best motivational writings.

I didn’t just copy and paste the original articles though; I updated the writings for better flow and clarity. I also updated the links inside of them. Plus, I arranged the articles in such a way that you get a good progression of ideas. Instead of reading disconnected articles, previous articles prepare you for the next ones.

The result, I believe, is a much better experience for you than just reading the original articles.

My hope is that this book can motivate you to live your life to the fullest, to dream big and make it happen. If it does,
then this book has achieved its mission.
Part I. Gratitude
Appreciating Life: Where It All Starts

What do you think is the foundation to optimizing life? What do you think gives us the motivation to live our lives to the fullest?

I have been thinking about it, and I believe that the answer is appreciating life. **Appreciating life is the starting point to optimizing it.** Why? Because if you appreciate your life, you will want to make the most out of it. You will want to live your life to the fullest.

In my case, I believe that my life is a gift from God. Plus, I can only live my life once. For those reasons, I want to make the most out of it. I don’t want to regret not living my life to the fullest.

No matter where you are in life, start appreciating your life more. Be grateful for it. Realize that it is a **miracle.** Treat it as something precious, and don’t take it for granted.

You will then have the motivation to optimize it.
The Miracle of Life

I recently read an article about NASA’s mission to visit Mars in The New Yorker. It tells the story of the Curiosity mission and the people behind it.

It was a great read, but I especially like the closing paragraph. It’s about how the writer (Burkhard Bilger) went out with a NASA scientist named Grotzinger. They visited Death Valley in California, which has similar terrain to Mars. Here is the paragraph:

After we’d hiked down to the valley again, Grotzinger pulled an ice chest from the back of his S.U.V. and set out a picnic of salami and cheese, hard rolls, and ripe tomatoes. The valley seemed barren now, he said, but in the spring, after a dusting of rain, it would be bright with cactus blossoms and yellow creosote. When he camped here with his students, he could sometimes hear kangaroo rats or kit foxes moving beyond the firelight. “On a clear night, with the stars and planets blazing above you, it could be breathtakingly beautiful,” he said. “You look at enough pictures from Mars, and you really start to appreciate the Earth.”

For me, the last sentence is powerful: “You look at enough pictures from Mars, and you really start to appreciate the Earth.”
Just think about it. Compared to the other planets, the Earth is like heaven. Mars is covered in deadly deserts everywhere you look, not to mention the poisonous atmosphere. The other planets are even worse. They have extreme temperatures, terrible hurricanes, and often no place to step on.

In contrast, here on Earth we have trees, waterfalls, birds, lakes, and fresh air. What a beautiful place. We, however, often take this place for granted. We don’t realize what a miracle the Earth actually is.

Similarly, we might have other things in life that we take for granted. Our health is a good example. In order for you to be healthy, so many things in your body have to work right. If even one thing goes wrong, you could lose your health. Being healthy is miraculous, but often we don’t appreciate it enough.

You might have problems in your life. Everybody does. But you are more fortunate than you think.
Part V. Failure
7 Powerful Tips to Overcome Failure

You always pass failure on the way to success.
Mickey Rooney

If you want to succeed in life, failure is inevitable. Unfortunately, many people don’t know how to overcome failure, and they are stopped by it when they encounter one.

The ability to overcome failure is one thing that differentiates successful people from mediocre ones. After all, we should pass failure on the way to success, so it’s the ability to pass it that makes the difference between those who eventually reach success and those who don’t.

So, knowing that overcoming failure is essential, what should we do? Here are some tips to help you overcome failure:

1. Rise up and don’t regret; you have spent your time wisely.

   A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.
   George Bernard Shaw

   When we fail, we might be tempted to think that we have wasted our time and therefore regret it. But that shouldn’t be the case. The fact that you have done something is much
better than doing *nothing*. Many people who despise those who fail never do anything themselves. Rise up and move on. The regret lies not in *doing*, but in *not doing*.

2. **Understand that failure is there to bring you wisdom.**

*Good people are good because they’ve come to wisdom through failure.*
William Saroyan

Failure is there not without a reason. It’s there to give you the wisdom you need to succeed. Each failure you encounter increases your wisdom and brings you one step closer to success. If you have this mindset, you will see failure differently. You will see each failure as an opportunity to learn.

3. **Learn as much as possible from failure.**

*Learn from yesterday, live for today, hope for tomorrow.*
Albert Einstein

While failure can bring you wisdom, how much wisdom you get depends on your ability to harvest it. So don’t waste the opportunity to learn; harvest as much wisdom as possible from a failure. If you don’t do this, you may waste a lot of time by repeating the same mistakes in the future.
4. Don’t give up; maybe you are only one step away from success.

Many of life’s failures are people who did not realize how close they were to success when they gave up.
Thomas A. Edison

The thought of giving up is tempting, especially when we have failed over and over again. But who knows that maybe you are only one step away from success? Will you waste the long journey you have passed when you are already so close to your destination?

So hold on tight and don’t give up. Thomas Edison failed thousands of times to perfect the light bulb. He knew what it means not to give up.

5. Maintain your enthusiasm.

Success is the ability to go from one failure to another with no loss of enthusiasm.
Winston Churchill

Not only should you keep on trying, but you should also do it with the same level of enthusiasm as when you first began. Otherwise your subsequent effort will have less and less power.

How do you maintain enthusiasm? One good way is by realizing that you are now one step closer to success thanks to
the lessons you have learned. There’s no reason not to be enthusiastic when you are getting closer to success. Another way is to keep your mind on the destination, which brings us to the next point.


Always have your destination in mind; keep dreaming big dreams. Spend time to visualize them and let the dreams energize you. Let them make you passionate and enthusiastic.

Once you cease dreaming, you will soon lose your energy and go back to mediocrity. To overcome all the obstacles you encounter you always need a greater why, and that why is provided by your dreams.

7. Stay confident.

Don’t be afraid of the space between your dreams and reality. If you can dream it, you can make it so.
Belva Davis

Stay confident in spite of failure. Of course, you need to put a lot of effort and learn as much as possible from the failure, but you have the ability to make your dream come true.

Many people who accomplish great undertakings have no special trait. They are just ordinary people with extraordinary attitude. Let’s be one of them.