

# Hypnosis for Entrepreneurs

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## What to do When You Lose Motivation

Motivation is one of the most important factors that will drive you to succeed.

When you lose it, you're in danger of permanently failing and losing track of your goal.

Here's what you need to do when you feel like you've lost all motivation and you can't seem to get it back on your own:

### 1. Recall your "why"

Why are you chasing this goal?

Do you remember why you chose it in the first place?

Is it because it will ultimately make you and your family happy and wealthy?

Or is it because it will help many people?

Whatever your reason, you need to remember it.

Recall how it initially made you feel.

It will help re-light the fire under you.

### 2. Stick to your positive habits

Over the course of your journey, you should ideally have already cultivated positive habits that will help you succeed.

Habits that are not going to stand in the way of your success, but rather will help you reach your goals.

When you start losing motivation, continue going through the motions, the routines you've already established.

If you haven't established good habits yet, then you better get started!

At this stage of your journey, you need to "Take Action" consistently – your habits will help you do just that!

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### 3. Seek inspiration

Read inspirational stories about people you look up to.

Is there an entrepreneur, or leader you really respect?

Find something in common with them.

For instance, you can read up on stories about how they successfully overcame obstacles.

You can then try to get ideas on how you can do the same thing.

### 4. Ask for advice

Do you know someone who's going through the same rough patch as you?

Reach out to them and ask for advice.

It's not a sign of weakness if you seek help.

It works both ways, you know.

You regain your motivation, and the other person gets a boost in self-esteem.

### 5. Challenge yourself and set a reward

Rewards work well, when it comes to motivation.

You can challenge yourself to, say, complete a task within a week and you'll get a corresponding reward.

The more difficult the task, the bigger the reward.

If you miss your deadline by even a day, you don't get your reward.

Think of something you really like – it just may help you revive your motivation!