



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

**Increase Study Motivation**

# Increase Study Motivation

You need motivation to achieve almost anything that you desire. When you set goals as we all must do in life, motivation is the driving force to achieve these goals. Desire and ambition go hand in hand with motivation. There may be times in your life when you need a little more focus or drive to achieve a goal. We've all gone through times when we lacked motivation and this can be draining. Being able to tap into an abundance of motivation is very powerful. It enables you to be positive even when things are not going exactly how you want them to.

To be truly motivated you need to know exactly what you want to achieve and the reason behind it. An example would be training for a new job or perhaps a new career that offers more money and is appealing to you. However, your true reason may not be the additional income. Money is a facilitator to other things. So perhaps your real reason is to be able to afford something like a home or a car, maybe an extra holiday or children's education. The extra money will get those things, and in this case, the motivation would be the reason behind wanting more money.

Motivation can come from almost everywhere. Consider wanting your children to have more in life than you had, or, maybe it is to prove to yourself that you can achieve more. You must understand exactly what your real source of motivation is. When it comes to learning, the desire may be to do with employment gain, or it could be for personal satisfaction at having **risen to the challenge**. Find your motivation.

By using this Mindfulness meditation, you will be in a very **relaxed state**. This meditation will expand the visual effects of **deep relaxation**, and we can set triggers that help to delve into your subconscious and allow your inner mind to truly understand why you are motivated. This is like having an extra person pushing you forward when the going gets tough. It helps you to think in a highly positive way and this has so many benefits. **Your confidence will increase**, and you will be **extremely focused** in your thinking.



It is important for you to know that you are always in control. The sensation will be pleasant, similar to daydreaming. You are about to experience a wonderful feeling of relaxation.

We can start right now.



It is important to find a comfortable space.

Seated or lying down, this is up to you. Just be comfortable.

It does not matter if you find yourself fidgeting a little, it is perfectly normal and will soon go as you start to **relax**.

This is very much your time and your moment.

I want you to **listen to my voice, focus on it**.

Allow your journey to begin.

