



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Self-motivation Booster

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Motivation is like **magic dust** in a sense. It's the key ingredient that you need to **achieve success**. When you are motivated you easily **go with the flow**.

Getting into the flow is that special mental state where you're laser-focused and **super productive**.

You **get more done** when you feel motivated. Time flies. It's a **great feeling**.

Developing that **high level of motivation** can help you tap into unlimited success all around you.

Motivation is that **magic dust**. It **gets you going** and keeps you focused.

When you're highly motivated to get something done, it suddenly becomes **much easier** to accomplish things.

Everything you do on a daily basis could benefit from a **motivational boost**.

And as you begin this session, it's important to think about what it is that **motivates you**.

What are your **dreams and aspirations in life**? What is it that you are working for? How do you **define success**?

If you are having trouble getting motivated, perhaps you need to re-focus on what's really **important for you**.

In order for something to happen in your life, you must take action and get yourself moving. You must **be motivated** to achieve your goals.

In this Mindfulness Meditation session you will **find that motivation** you need to achieve those goals. You will make those **long-lasting changes**.

You will wake up **feeling good** and feeling motivated.

It's simply a matter of training your mind and brain to get motivated and **stay motivated**.

So if you're ready, let's begin.



Just sit back **and relax**. If you haven't closed your eyes go ahead and do that.

Take whatever time you need to really **get comfortable**. Now take a deep and cleansing breath and hold it in for just a moment.....**now let it go**.