



Do you know what today is? Today is tomorrow.

Do you ever feel like you're living in the movie Groundhog Day?

We all get into routines. We settle into our comfort zones and it seems we do the same things over and

over, day after day.

Staying in your comfort zone doesn't exactly spark innovation, creativity or increase productivity. Let's face it we all experience the "trapped in a rut" from time to time. But is it a rut or have we chosen the wrong path? It's a new year and always a time to re-evaluate.

*"If you let it, life will take you where it wants.
Instead, take your life where you want."*

Maybe we just need a little motivation...or do we?

Motivation and enthusiasm are linked to desire and interest – it's what drives us to take action and pursue our goals. When you lack motivation and enthusiasm it means you actually have a lack of desire and interest in what you're trying to do. When this happens we become passive, come up with excuses for why we can't get things done and we play the blame game. It's everyone else's fault for why we are where we are, right?

Think about all that for a minute...."***lack of motivation means lack of desire and interest***"

So, when you're doing what you love – you don't need a motivation plan or someone else to keep you motivated.

When we're motivated and energized we take action. We take charge of our life and attack our problems with gusto.

- So, what can you do to get motivated?
 - Where do you need motivation?

- Are you doing what you really want to do?

QUESTION: If you do nothing differently, where will you be next year?

ANSWER: The same place you are today.

"Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing." - Adidas

So what are you waiting for? **Today is tomorrow.**