



# Blueprint for Unlimited Motivation

"Don't watch  
the clock; do  
what it does.  
Keep going." -  
Sam Levenson



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Tip: Save this in your photos on your phone or in your IBooks so you can have quick access to this blueprint



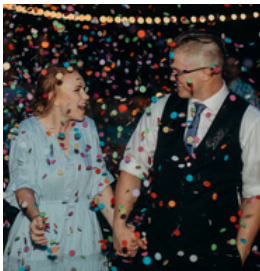
# Introduction



Motivation is the driving force behind our actions and accomplishments. It helps us stay focused and dedicated to our goals, even when obstacles arise. However, staying motivated is not always easy. We all have days when we feel uninspired, unmotivated, and lacking in energy.

The good news is that there are ways to boost our motivation levels and keep them high. In this tool, we will discuss the blueprint to unlimited motivation and how you can use it to achieve your goals.

## Who is Legacy Terra & Why should you listen to our advice?



### Samuel & Lydia Legacy

The honest truth is you should absolutely not trust us to give you advice. Our hope in this blog and blueprint is not to come across as perfect or all-knowing. We are real people who have real struggles and real goals. We go through ups and downs and we go through seasons of success and seasons of drought.

We just want to record our journey, share our thoughts, and put good into the world. Our original mindset was to stay off the internet and social media because there can be so much garbage online. However, we got to thinking that if no one steps up to put good into the world, then how will there ever be good out there? The internet is full of negativity and lies, but we hope that we can build a community of likeminded individuals that want to put good into the world and encourage others to change their lives and become better people.

Join the legacy on our newsletter, social media, or just by staying tuned on our blog. Changing the world starts with you and me, so lets get ready to change the world!

This blueprint gathers all we have learned in our years of self-employment, managing difficult relationships, getting in shape, and just living life in unconventional ways to create a life full of freedom.



## Disclaimer

The ugly truth is, if you want to change your life it is going to be hard work. Nothing about achieving your goals is going to be easy or fast. I wish we could tell you one simple way to get everything you want in life, but that just doesn't exist.

The only way to escape your current situation and reach a higher level is to put in the work. There are several things you can do that will help set you up to succeed and make it easier for you to do the hard work. There is nothing that can eliminate the hard work that will be required of you.

However, you should not be scared of hard work, so let's jump in.





## Overview

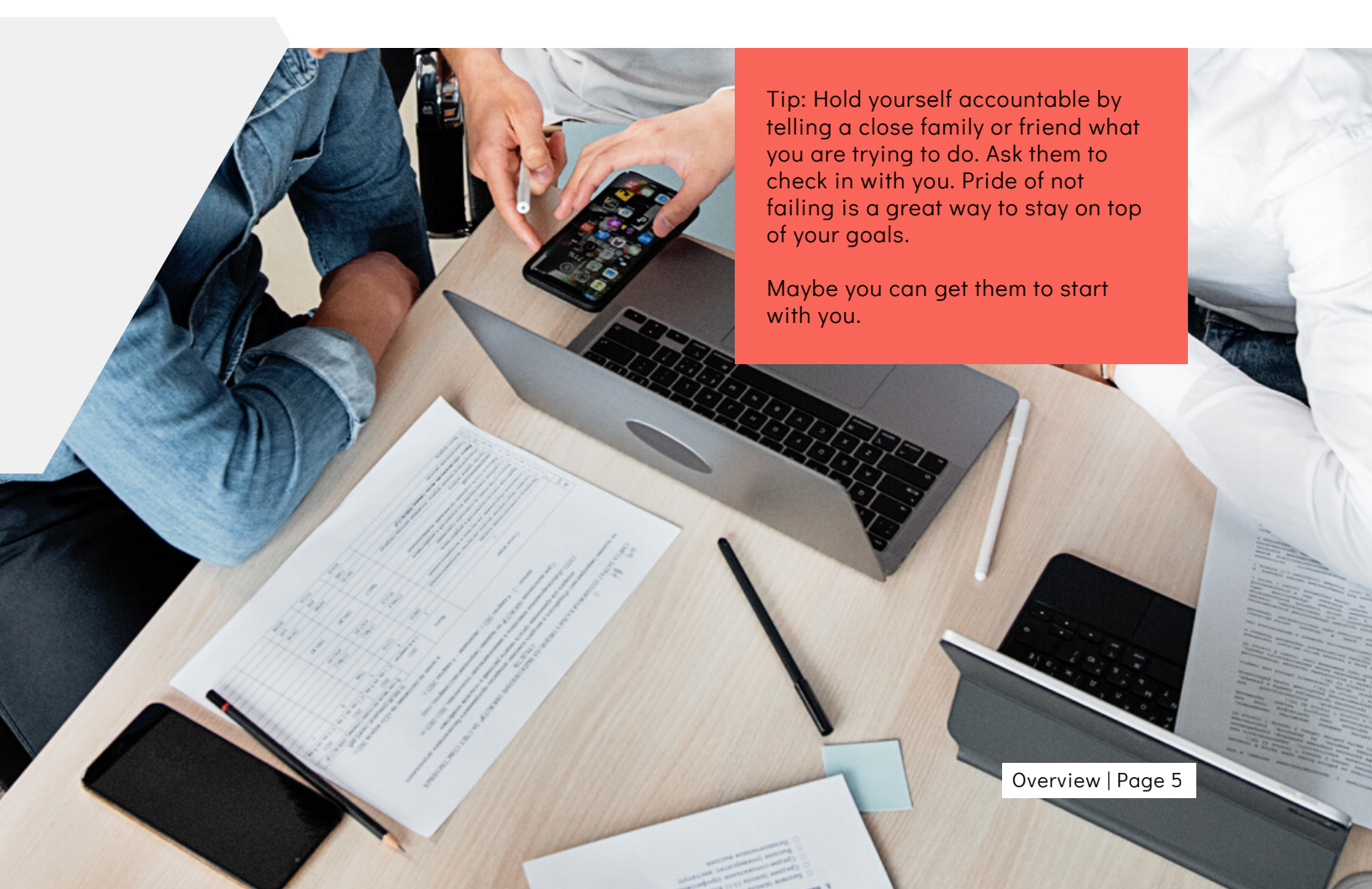
In this blueprint we will share with you tips, habits, mental exercises, and stories all with the purpose of teaching you how to find the ultimate fire of motivation that will help get you off your couch and into your dream life.

If you have further questions or comments you can find us on social media or on our website. @LegacyTerra and LegacyTerra.com.

## Goals

The goal of this blueprint is to share our knowledge with you so you can skip some of the many mistakes and trails we have had to go through. You can ignore everything we tell you and learn the hard way, or you can set yourself up for success and take in what we share.

However, just reading this will not change anything in your life. Reading is great for the brain but nothing will actually change in your life until you start doing things.



Tip: Hold yourself accountable by telling a close family or friend what you are trying to do. Ask them to check in with you. Pride of not failing is a great way to stay on top of your goals.

Maybe you can get them to start with you.



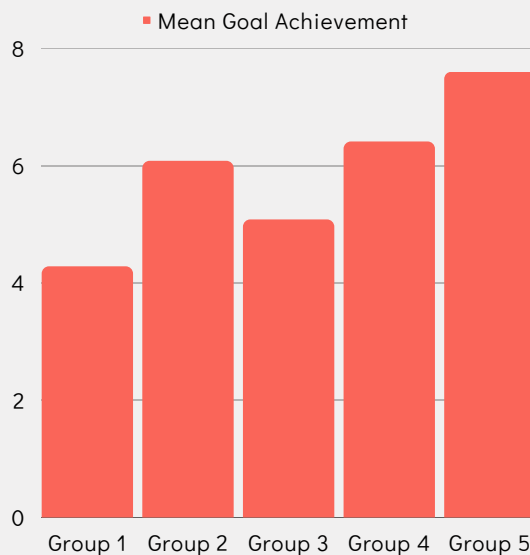
# Statistics Page

Based off the GAIL MATTHEWS / GOALS RESEARCH SUMMARY

## RESEARCH DESIGN

Participants were randomly assigned to one of 5 conditions (groups): Group 1- Unwritten Goal; Group 2- Written Goal; Group 3- Written Goal & Action Commitments; Group 4- Written Goal, Action Commitments to a Friend; Group 5- Written Goal, Action Commitments & Progress Reports to a Friend.

See the charts below that represent the mean goal achievement of each of the groups



## Conclusions:

1. The positive effect of accountability was supported: those who sent weekly progress reports to their friend accomplished significantly more than those who had unwritten goals, wrote their goals, formulated action commitments or sent those action commitments to a friend.
2. There was support for the role of public commitment: those who sent their commitments to a friend accomplished significantly more than those who wrote action commitments or did not write their goals.
3. The positive effect of written goals was supported: Those who wrote their goals accomplished significantly more than those who did not write their goals.

Unwritten Goals  
39.9%



Written Goals  
60.1%

# The Blueprint

## Step 1: Set Clear Goals

The first step to unlimited motivation is to set clear and achievable goals. When you have a specific goal in mind, it helps you stay focused and motivated. Make sure your goals are challenging enough to keep you engaged and interested. Write down your goals and keep them somewhere visible to remind yourself of what you are working towards.

## Step 2: Find Your Why

Motivation comes from within, and to tap into it, you need to find your "why." Why do you want to achieve your goals? What is driving you? When you have a strong why, it becomes easier to stay motivated, even when the going gets tough. Take some time to reflect on your motivations and write them down. Remind yourself of your why regularly to stay focused and motivated.

## Step 3: Create Accountability

Sometimes our goals can seem overwhelming, and it's easy to lose motivation when we don't know where to start. To combat this, break your goals down into smaller, more manageable tasks. Focus on one step at a time, and celebrate each achievement along the way. This will help you stay motivated and inspired throughout the process.

## Step 4: Surround Yourself with Inspiration

The people and environment around us can have a significant impact on our motivation levels. Surround yourself with positive and inspiring people who support your goals and ambitions. You can also create a motivating environment by adding inspiring quotes, posters, or other reminders around your workspace or living space.



# Step 1: Set Clear Goals

There are several effective goal-setting methods that you can choose from, depending on your preferences and the nature of your goals. Here are five different goal-setting methods:

1. **SMART Goals:** The SMART (Specific, Measurable, Achievable, Relevant, Time-bound) framework is a popular method for setting clear and actionable goals. It helps ensure that your goals are well-defined and focused. Each goal should be specific, measurable, achievable, relevant, and time-bound.
2. **OKRs (Objectives and Key Results):** OKRs are a goal-setting framework used by many organizations. They involve setting specific objectives and defining key results that indicate the progress and success of those objectives. OKRs encourage alignment, focus, and measurable outcomes.
3. **BHAGs (Big, Hairy, Audacious Goals):** BHAGs are ambitious and challenging goals that go beyond the scope of what is currently achievable. They are designed to inspire and stretch your capabilities. BHAGs often have a long-term perspective and require significant effort and commitment to achieve.
4. **Backward Goal Setting:** In this method, you start by envisioning your desired outcome or end result, and then work backward to determine the steps needed to reach that outcome. This approach helps create a clear roadmap and a sense of direction for achieving your goals.
5. **Value-Based Goals:** This approach involves aligning your goals with your core values and principles. Instead of focusing solely on specific outcomes, value-based goals consider the underlying principles and qualities you want to embody. This method ensures that your goals are meaningful and in line with who you want to become.

Remember, the most effective goal-setting method may vary depending on your personal preferences, the nature of your goals, and your specific circumstances. Feel free to experiment with different approaches and adapt them to suit your needs.





# Step 1: Exercise

The sticky note brainstorming exercise is a simple and effective way to generate ideas, solutions, or goals in a visual and creative manner. Here's how you can conduct a sticky note brainstorming session:

1. Gather the necessary materials: You'll need a stack of sticky notes (preferably different colors) and writing utensils for each participant.
2. Define the topic or question: Clearly state the topic or question for brainstorming. It could be a problem you want to solve, a project you're working on, or goals you want to set.
3. Set a time limit: Determine a specific time limit for the brainstorming session to keep the process focused and efficient. This could be anywhere from 5 to 15 minutes, depending on the complexity of the topic.
4. Start the brainstorming: Write down your ideas or thoughts related to the topic on individual sticky notes. Encourage yourself to be creative, open-minded, and write down as many ideas as possible within the time limit.
5. Stick the notes on a visible surface: Stick your notes on a wall, whiteboard, or any other visible surface where everyone can see them. Arrange the notes randomly or create clusters based on common themes.
6. Reflect on the ideas: Once all the sticky notes are up, group similar ideas or themes together. Elaborate on the ideas, and think about the potential significance or feasibility of each one.
7. Prioritize and identify action steps: After the reflection period, identify the most promising ideas or goals. Prioritize them based on relevance, feasibility, and potential impact. Then, determine the necessary action steps to move forward with those ideas.
8. Capture the outcomes: Take photos or transcribe the ideas and action steps for future reference. This will help ensure that the outcomes of the sticky note brainstorming session are not lost and can be used as a basis for further planning or execution.

You can also use a journal or paper if you do not have sticky notes or do not have the space.



# Step 2: Find Your Why

Finding your "why" when setting a goal is essential because it provides a deep sense of purpose and intrinsic motivation. Here are several reasons why discovering your why is important in goal-setting:

1. **Meaning and fulfillment:** Understanding the underlying reasons behind your goals gives them a greater sense of meaning and purpose. When your goals align with your core values, passions, and beliefs, you are more likely to find fulfillment and a sense of satisfaction when working towards them.
2. **Intrinsic motivation:** Intrinsic motivation comes from within, driven by your personal desires, values, and interests. When you connect your goals to your why, you tap into this powerful internal motivation. It becomes easier to stay committed, persevere through challenges, and maintain enthusiasm throughout the goal pursuit.
3. **Resilience and persistence:** Goals often involve obstacles and setbacks along the way. Knowing your why provides you with a strong foundation of resilience and persistence. When faced with challenges, your deep-rooted motivations remind you why the goal is important to you, helping you stay determined and bounce back from setbacks.
4. **Clarity and focus:** Having a clear understanding of your why helps you stay focused on what truly matters to you. It acts as a compass, guiding your decisions and prioritizing your actions towards what aligns with your goals and values. This clarity allows you to avoid distractions and make choices that support your overarching objectives.
5. **Decision-making and prioritization:** Your why serves as a filter for decision-making. It helps you evaluate opportunities and choices, ensuring they are in line with your goals and aspirations. When you know your why, you can make more informed decisions and allocate your time, energy, and resources to what truly matters to you.
6. **Sustained motivation:** Motivation can fluctuate over time, especially when faced with obstacles or when progress feels slow. Your why acts as a constant source of motivation and reminds you of the significance and impact your goals can have. It helps you stay committed, motivated, and focused on the long-term vision.

In summary, finding your why when setting a goal is crucial because it provides a strong sense of meaning, intrinsic motivation, resilience, clarity, and sustained focus. It connects your goals to your values and passions, increasing the likelihood of success and fulfillment in your goal pursuit.



WHY?



# Step 2: Exercise

The "Goal Why Game" is a goal-setting exercise that helps you dig deeper into the underlying motivations and reasons behind your goals. It helps bring clarity and a sense of purpose to your objectives. Here's how to play the Goal Why Game:

1. Write down your goal: Start by writing down a specific goal you want to achieve. It could be related to your career, personal life, health, or any other area of importance to you.
2. Ask "Why?" and answer: Now, ask yourself why you want to achieve this goal. What is the underlying motivation behind it? Write down your answer.
3. Repeat the process: Take the answer from the previous step and ask yourself "Why?" again. Explore deeper and identify the reasons and motivations behind that initial answer. Write down your response.
4. Continue the cycle: Repeat the process of asking "Why?" and answering for each response you write down. Keep going until you feel you have reached the core motivation or purpose behind your goal.
5. Reflect on the insights: Take a moment to reflect on the series of "Why?" questions and answers. Notice any patterns or recurring themes that emerge. Consider how understanding the deeper motivations can influence your commitment, enthusiasm, and determination towards achieving the goal.
6. Adjust or reinforce your goal: Based on the insights gained from the Goal Why Game, evaluate if your initial goal aligns with your core motivations. Determine if any adjustments or refinements are necessary to ensure a strong connection between your goal and your underlying purpose.
7. Create an affirmation or reminder: Finally, create an affirmation or reminder that encapsulates your goal and the deeper motivations behind it. This can be a phrase or statement that you can revisit regularly to reinforce your commitment and keep your motivation strong.

The Goal Why Game helps you explore the underlying reasons and motivations that drive your goals. By understanding and connecting with the deeper purpose behind your objectives, you can strengthen your motivation, overcome obstacles, and stay focused on achieving meaningful and fulfilling outcomes.

Take it a step further and play this with with a trusted family member or friend. Tell them to not stop asking why until you cannot think of anything deeper. Tell them to push you to think critically.



# WHY?

# Step 3: Create Accountability

Creating accountability is essential for staying motivated and committed to your goals. Here are five effective ways to create accountability

1. **Share Your Goals with Others:** Share your goals with trusted friends, family members, or mentors who can act as accountability partners. By sharing your goals with others, you create a sense of external accountability. Discuss your progress regularly, seek feedback, and update them on your achievements. Their support and encouragement will help keep you motivated and accountable.
2. **Find an Accountability Buddy or Group:** Pair up with an accountability buddy or join a goal-oriented group where members support each other in achieving their objectives. Schedule regular check-ins or meetings to discuss progress, challenges, and share strategies. Having someone who holds you accountable and provides feedback can significantly increase your commitment to your goals.
3. **Track and Measure Progress:** Establish a system for tracking and measuring your progress. Break your goals down into smaller milestones or targets, and regularly assess how you're progressing towards each one. Use tools such as progress trackers, journals, or habit-tracking apps to record your achievements and identify areas for improvement. The act of tracking and measuring holds you accountable by providing a clear picture of your progress.
4. **Set Deadlines and Establish Rewards or Consequences:** Assign deadlines to your goals and make them known to yourself and others involved. Additionally, establish rewards or consequences tied to the achievement or non-achievement of your goals. Rewards can serve as incentives and reinforce positive behaviors, while consequences create a sense of urgency and motivate you to take action.

**Bonus Tip: Regularly Reflect and Review:** Set aside time regularly to reflect on your goals, assess your progress, and review your actions. Ask yourself if you are staying true to your commitments and identify any areas where you may be falling behind. Use this reflection time to adjust your approach, set new targets, and recommit to your goals. By implementing these strategies, you create a structure of accountability that helps you stay on track, maintain focus, and increase your chances of successfully achieving your goals.





# Step 4: Surround Yourself with Inspiration

Surrounding yourself with inspiration can have a significant impact on your motivation, creativity, and overall well-being. Here are five ways to create an inspiring environment:

## 1. Curate an Inspiring Physical Space:

- Decorate your physical space with items that inspire you, such as motivational quotes, artwork, or photographs of people or places that evoke positive emotions.
- Keep your workspace clean, organized, and clutter-free to promote a sense of calm and focus.
- Incorporate elements of nature, such as plants or natural lighting, to create a soothing and refreshing atmosphere.

## 2. Seek Out Inspiring People:

- Surround yourself with individuals who inspire and motivate you. Engage in conversations and collaborations with people who share similar passions or goals.
- Attend conferences, workshops, or networking events to connect with like-minded individuals and learn from their experiences.
- Join online communities or social media groups centered around your areas of interest to connect with a broader network of inspiring individuals.

## 3. Engage in Stimulating Content:

- Read books, articles, or blogs on subjects that ignite your curiosity and passion. Look for inspiring stories, personal development resources, or industry-related publications.
- Listen to podcasts or audiobooks featuring thought leaders, experts, or motivational speakers to gain new perspectives and insights.
- Watch inspiring movies, documentaries, or TED Talks that explore topics aligned with your interests and aspirations.



# Step 4: Surround Yourself with Inspiration

## 4 Practice Self-Reflection and Personal Development:

- Engage in regular self-reflection exercises, such as journaling or meditation, to gain clarity, foster creativity, and connect with your inner self.
- Set aside time for personal development activities, such as attending workshops or online courses that focus on topics relevant to your goals or interests.
- Identify and pursue hobbies or creative outlets that bring you joy and help you express your unique talents.

## 5 Surround Yourself with Positive and Supportive Influences:

- Minimize exposure to negative influences, such as toxic relationships, negative news, or pessimistic environments.
- Seek out positive and uplifting influences, such as inspirational podcasts, uplifting music, or motivational quotes that resonate with you.
- Build a support network of family, friends, or mentors who encourage and support your goals and aspirations. Regularly connect with them for guidance, motivation, and feedback.

By intentionally creating an inspiring environment, seeking out inspiring individuals and content, and nurturing personal growth, you can surround yourself with inspiration and create a positive mindset that fuels your motivation and success.

### 3 Communities to Join for Men

-  The Real World
-  The War Room
-  MDK Project

### 3 Influencers to watch for Women

-  10X Ladies
-  @TherealCandaceowens
-  Real Talk With Marissa Streit





# Conclusion

Staying motivated is essential for achieving your goals and living a fulfilling life. By following the blueprint to unlimited motivation, you can tap into your inner drive and stay motivated even in the face of challenges.

Remember to set clear goals, find your why, break it down, surround yourself with inspiration, and practice self-care. With these tools, you'll be on your way to achieving your dreams and living your best life.



## Message from us:

The world wants to tell you that its okay to be average, or that you should not strive for greatness. Do not listen to that world. Enter the world where being a body building champion, millionaire, first person to do something, and more. This is the world that we live in and we want to invite you to join the Legacy.

Need an accountability buddy? DM us on Insta and we will help you out.

