

A close-up, high-contrast photograph of a wolf's face. The wolf's fur is a mix of dark and light grey, with a prominent yellow eye looking directly at the viewer. The lighting is dramatic, highlighting the texture of the fur and the intensity of the eye.

**Find Your Inner Wolf**  
**The Secret to Motivation**

**Kat Spencer**

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# Welcome

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I'm so happy you're here!

If you entered your e-mail it means that you are feeling stuck or unmotivated. And I hope to help you break through the obstacles that are holding you back from meeting your full potential and having the life of your dreams.

While the Secret to Motivation may appear simple at first, perhaps even too simple, I think you'll find that once you begin to implement it, your results will skyrocket you forward to meeting your goals and achieving everything you strive for. You may even start to have a little fun along the way!

This guide is only the beginning. Your first step. **So let's begin!**

From My Inner Wolf to Yours,

Kat

# How to Get Motivated

## Get Off Your Butt and Get Moving!

Okay, that was mostly directed toward me, but maybe it applies to you as well? In all probability, it might.

### How do I know?

Because, as humans, we tend to get into these nasty cycles of being unproductive. True, there is usually a reason for it—sometimes entirely legitimate, but let's face it . . . sometimes we are just either lazy or overwhelmed to the point that we get **paralyzed** and end up doing nothing and getting nowhere.

If you are currently in that state, as I have been in the last couple of weeks due to some "issues" and the fact that it is summer and my kids are monopolizing my time, I have two simple steps that will hopefully help you get out of it.



## The First Step

### Don't blame yourself.

Accept that it is natural to enter these stagnant states from time to time and that they actually serve a purpose.

### Rest.

Sometimes, we need it. Life can get pretty stressful and we often feel like we simply CAN'T stop because there is just too much to do. Like the entire world would fall off of its axis if God forbid we took a break. We all know that isn't true.

You do know that right?



**You are important**, but you aren't THAT important (as to affect the axis of the world.)

So, accept that you need a break and realize that the much needed, "lazy", unproductive time will actually serve you better when you do finally get off your BUTT and start doing things again.

The only thing you want to be wary of is, sometimes it gets pretty darn comfortable on your butt and you really don't want to get off of it.

You can take this to mean two things:

- 1) either it just isn't time to get going yet
- or
- 2) you have overstayed your welcome and it's gone numb

Which brings me to . . .

## The Second Step

### Get Off Your Butt!!!

Pretty obvious, yes? But not always easy to do.

It takes mental stimulation, it takes will power, strength and sometimes a drive you just aren't feeling yet.

I hate to break it to you. But you have to **FORCE** it.

Sometimes you truly just have to **convince** yourself to do it.

Don't feel any guilt over the fact that you needed the rest. Thoroughly enjoy it. And when it's time, and it's pretty easy to tell when that is, **get moving again**.

**It's time.**



# How To Get Off Your Butt

So **HOW** do you get off your butt when you are so “attached” to your current cushion?

**Take a deep breath.**

Think about and appreciate the break you just took for yourself and think about **ONE** thing that you should probably get to. **Just ONE thing.** Don't overwhelm yourself with the LONG list that probably awaits you, that's only going to make you SIT longer, trust me.

**Just come up with ONE thing that you should focus on.**

Take another deep breath and get up and do that **ONE** thing. My guess, once you get up and your legs realize they CAN move, you'll easily move onto the other tasks that await you.

Return to life and resume your routines. But this time around...mix it up a little!



## Make YOU Matter

Sometimes those moments of burnout happen and you end up on your bum because you didn't take any time for yourself in the daily grind that is life.

**It is essential that you do.**

Otherwise, you get bored. You get exhausted. And you simply cannot function at your best.

So . . . after you've gotten off of your derriere this time, make sure you schedule some **"YOU"** time and do something that you **enjoy** doing each and every day.

**Yes, I said EVERY day!**

# Live For Today

I'm a firm believer in making **every day** count. I stopped using the phrase, "Live today as if it were your last," because frankly, that just seemed morbid and depressing. Instead, I say, "**Make every day count,**" because each day is an amazing gift! And one that should be cherished.

You don't have to have a scarcity mindset or even an abundance attitude that you have all the time in the world. You simply have to realize that each moment is something special and each day should include something that will make it an **AMAZING** one for you.

Yes, we all have things to do that we might not like or want to do. But we are still essentially in control of our own lives, destiny and **we do have a choice**. So, choose **YOURSELF** more often and you will likely not find yourself on your butt unable or unwilling to get off of it.

## Drop the Guilt

I will say, my excuse this time was warranted because I wanted to spend time with my children while they were out of school. Selfish I know. But I figured a lot of my work could wait.

So I allowed myself the time to spend with them and enjoyed it.

Yes, I felt a little guilty that my work was waiting for me. But guess what?



**My work or other life obligation doesn't have a voice unless I let it. And neither does yours.**

# A Child's Wisdom

Being “stuck” can lead to depression, too many thoughts (often negative) and can make it difficult to motivate yourself.

My daughter, the 8-year-old genius, put it perfectly the other day when I asked her, “Why do our minds always go to the “what ifs” in life? Why do we tend to always focus on the negative that will likely never happen?”

I was kind of just speaking out loud at the time. I didn't expect such an insightful answer from her. And one I already knew, but couldn't come up with on my own at that moment, don't ask me why.

**She said, “Because we have too much time on our hands.”**

It's true. We do. Well, most of us. Even when we work and have a million tasks to do.

We still have too much time to **THINK**. Our lifestyle of convenience has made it so.

**But time shouldn't be our enemy.**

If we lived elsewhere and our entire day was only focused on SURVIVAL, guess what? You wouldn't be what if-ing really stupid things that you can't control anyway.

**Think about it.**

But don't think too long.



Time is what we want most, but what we use worst.

- William Penn



# What's Next?

So, what's next? Is it really that simple to get motivated again?

Sometimes, yes. That's all it takes. Those simple steps in combination with a little bit of **focus** and **clarity** to find your **ONE** thing is all you need to get momentum in your life.

As you probably know first hand, however, making that first step can often be one of the hardest things you do. And that's why I'm here to help you, should you need it.

This guide was only the beginning. And believe it or not, you already took your first step simply by entering your e-mail and reading it. Now, it's time to take it even further. It's time to **discover your passion**, find **YOUR** inner wolf and create the life of your dreams.

Don't believe that's possible? You will. And I'm here to help you on your journey.

## Your ONE Thing

You were likely feeling overwhelmed when you sat down. You sat down for a reason, it's okay.

Enjoy your rest, and get up when you're ready.

**Don't take too long—the world awaits you!**

Living the life you've always dreamed of is possible.

Getting unstuck, re-motivated and working towards your goals is **MY** one thing.

Please contact me when you are ready to get started!

Warmest Wishes,

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