



**Motivation: Secrets Successful People Know To Achieve Better Focus And Habits, Overcome Procrastination And Distraction.: Motivational Book, Motivation, Focus, New Habits, Success**

*Kristina Dawn*

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You will never achieve your highest potential or your dreams if you don't consistently make a conscious choice to step up and swing confidently at life's curveballs. Decide today that no matter what problem arises in your life, you are always bigger than that problem. Commit to dealing with all your responsibilities and fears with everything you've got. From here on out for the rest of your life, refuse to shrink from anyone or anything. You are never as small or weak or helpless as you may think. You are a force of nature, a being of unlimited power and potential.

Choose to stand up in life. Make your presence known. Declare what you want. Be strong and fight for what you deserve. If you choose to strive for your best, for high performance in all you do and in all you ARE, then EVERYTHING changes. The struggle to the next level will be worth it.

My aim is to introduce you to the change, challenge and work and prepare you for the great adventure you are about to undertake. In this book I will give you some deep-dive motivation and high-performance strategies.

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