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Set Yourself Motivational Reminders

There is so much information about how to be more productive online. And that's all very well, but maybe "productivity" isn't your big problem. Instead maybe you suffer from a lack of motivation.

If you feel that you can do more in a day but are unable to be bothered, why not use some great free tools to give you that boost.

Before sending yourself a motivational reminder, you need to decide what is the most effective way to contact "you". How often do you check email? Or would you prefer a reminder via a text message? The trick is to choose a format that is hard for you to ignore. I find that sms (text message) or voice call reminders seem to be the most effective as they target me no matter where or what I'm doing.

After you've chosen a reminder format you now need to go about creating your reminders. There are a number of tools available to setup reminders. You could just use your mobile phone which is bound to have a reminder function, however, this is a bit clunky and doesn't really offer different reminder formats. Instead choose something like Task.fm (www.task.fm) that can be used for free and send text message, twitter and email reminders.

The trick with motivational reminders is to make them as specific as possible. For example, if I'm working on building a new website, I'll set myself a reminder such as "have you finished the design". As you can see I asked myself a question, which often helps you pay attention and really think.

You could send yourself daily quotes from motivational people. These are very easy to find online.

Another trick would be to set yourself a reminder the night before of one thing you want to improve on or focus on for the following day. It may be something as simple as "smile more". This simple reminder will give you that little extra boost and help you improve your life.