

# THE MOTIVATION MANIFESTO

9 Declarations to Claim  
Your Personal Power

**BRENDON BURCHARD**

*#1 New York Times Bestselling Author*

# The Motivation Manifesto

**VM Jensen**



## **The Motivation Manifesto:**

The Motivation Manifesto Brendon Burchard, 2014-10-28 The Motivation Manifesto is a poetic and powerful call to reclaim your life and find your own personal freedom from Brendon Burchard the world's #1 high performance coach and 1 New York Times bestselling author of High Performance Habits It's a triumphant work that transcends the title lifting the reader from mere motivation into a soaringly purposeful and meaningful life I love this book Paulo Coelho The Motivation Manifesto is a call to claim our personal power World renowned high performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom We desire the grand liberties of choice time freedom emotional freedom social freedom financial freedom spiritual freedom Only two enemies stand in our way an external enemy defined as the social oppression of who we are by the mediocre masses and an internal enemy a sort of self oppression caused by our own doubt and fear The march to Personal Freedom Brendon says can be won only by declaring our intent and independence stepping into our personal power and battling through self doubt and the distractions of the day until full victory is won Recalling the revolutionist voices of the past that chose freedom over tyranny Brendon motivates us to free ourselves from fear and take back our lives once and for all In this life changing personal growth book Brendon presents his nine declarations for personal power and motivation drawing on insights from his own personal journey and from the lives of some of history's greatest leaders and thinkers Each chapter focuses on one of the nine declarations offering practical strategies and exercises to help you apply these principles to your life Whether you're seeking to overcome self doubt boost your confidence or achieve your goals The Motivation Manifesto is an invaluable guide to unlocking your full potential With its inspiring message and actionable advice this bestselling book is a must read for anyone who wants to unleash their inner greatness with the power of determination resilience and an empowering mindset *The Motivation Manifesto* Brendon Burchard, 2015-06-09 Recharge your life and follow the path to success with this step by step guide to living up to your potential A clear cut strategy for finding your inner motivation and six practical steps that will bring you the success you deserve Stop Belittling Yourself Own Your Role Reclaim Your Agenda Transform Your Energy Inspire Excellence and Make the Moment Matter The keys to understanding and activating that inner drive **The Motivation Manifesto** Brendon Burchard, 2014 From the New York Times bestselling author of The Charge and The Millionaire Messenger comes the definitive statement on motivation for our troubled times The Motivation Manifesto is a pulsing articulate ferocious call to claim our personal power World renowned high performance trainer Brendon Burchard reveals that the main motive of mankind is the pursuit of greater Personal Freedom We desire the grand liberties of choice time freedom emotional freedom social freedom financial freedom Only two enemies stand in our way an external enemy defined as the social oppression of who we are by the mediocre masses and an internal enemy a sort of self oppression caused by our own doubt and fear The march to Personal Freedom Burchard argues can only be won by declaring our intent and independence stepping into our

personal power and battling through self doubt and the distractions of the day until full victory is won Recalling the revolutionist voices of the past that chose freedom over tyranny Burchard at times poetic yet always fierce motivates us to free ourselves from fear and take back our lives once and for all *The Motivation Manifesto Cards* Brendon Burchard,2019

Summary - The Motivation Manifesto: 9 Declarations to Claim Your Personal Power by Brendon Burchard MY MBA,2022-02-18 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes How to become a motivated person To achieve lifelong dreams through simple daily goals you must be motivated And in addition to improving your life when you become a motivated person you become a powerful motivator for others In this book you will learn What are the two opposing driving forces of motivation How to know your true motivations How not to exhaust your motivation How to strengthen your motivation How to achieve fantastic motivation Our answers to these questions are easy to understand simple to implement and quick to execute Ready to become a motivated person Let s go Buy now the summary of this book for the modest price of a cup of coffee Summary of The Motivation Manifesto

Instaread Summaries,2016-04-06 **A 20-minute Summary & Analysis of Brendon Burchard's the Motivation Manifesto** Instaread,2014-12-29 PLEASE NOTE This is a summary and analysis of the book and NOT the original book The Motivation Manifesto by Brendon Burchard A 20 minute Summary Analysis Inside this Instaread Summary of entire book Introduction to the important people in the book Analysis of the themes important people and author style Preview of this Instaread Summary The Motivation Manifesto by Brendon Burchard is just that a manifesto In direct simple and excited prose Burchard exhorts readers to cast aside their self defeating habits and replace them with a more thoughtful commitment to living fully in the present moment In order to do so and arrive at the personal freedom to live a life full of genuine happiness and fulfillment Burchard shares nine declarations for readers to make their own The book s introduction which is written in a style similar in tone to the preamble of the United States constitution acknowledges that making the needed changes to fully and honestly live life will be difficult Specifically cultivating new personal habits is hard enough but doing so can require Herculean effort when these habits run against the grain of modern society People who strive to establish the freedom to live the life they want will inevitably buck the strong About the Author With Instaread you can get the summary and analysis of a book in 20 minutes We read every chapter summarize and analyze it for your convenience

The Motivation Manifesto by Brendon Burchard Abookaday,2016-07-26 This is a quick read summary of the book The Motivation Manifesto by author Brendon Burchard This version will give you the main ins and outs of the original book in a short and precise manner sticking with the topic of Motivation and how you can learn how to claim your own personal power by using the tips and suggestions that are provided within the book If you are someone who is searching for ways that can help you to keep yourself motivated in pursuing your personal dreams then this is a book you will certainly benefit from Why Should You Download this Book If you are a person looking to find ways of learning how to build up your self confidence that

will lead you to be more motivated in your life then you should download this book It explains in a most unique way how our personal freedom can be taken away from us if we are not strong and fight to remain in control of it This is A Preview Of What You ll Learn Achieve personal freedom Learn about social and self oppression Money is nothing more than a concept Learn how to change your doubt into faith Learn how to become the master of your own life Would You Like To Know More Download your copy today Available on PC Mac smart phone tablet or Kindle device c 2015 All Rights Reserved [Summary of The Motivation Manifesto - \[Review Keypoints and Take-aways\]](#) PenZen Summaries,2022-10-19 The summary of The Motivation Manifesto Declarations to Claim Your Personal Power presented here include a short review of the book at the start followed by quick overview of main points and a list of important take aways at the end of the summary The Summary of The book The Motivation Manifesto from 2014 provides an explanation of the fundamental driving forces of human nature and how these forces either assist us in realising our life s goals or prevent us from achieving them You will discover how to inspire others and increase your own levels of motivation so that you can lead a happier life in just a few simple steps The Motivation Manifesto summary includes the key points and important takeaways from the book The Motivation Manifesto by Brendon Burchard Disclaimer 1 This summary is meant to preview and not to substitute the original book 2 We recommend for in depth study purchase the excellent original book 3 In this summary key points are rewritten and recreated and no part text is directly taken or copied from original book 4 If original author publisher wants us to remove this summary please contact us at support mocktime com [The Motivation Manifesto: Flash Summaries](#) Flash Summaries,2015-03-10 Get a summary of The Motivation Manifesto by Brendon Burchard you can trust in a flash Flash Summaries implements proven techniques to help save time and retain key points and themes Whether you re needing a quick refresher or deciding on your next read Flash Summaries is a summary you can trust Flash Summaries is the most comprehensive summary available in the market providing comprehensive details to chapters characters and key themes found inside the book Time Saving TechniquesWe utilize techniques taken by multilateral industries to condense information concisely down to its essentials Grab details of importance at a glance Multi Point Quality InspectionMultiple quality checkpoint inspections are performed along the way to ensure every summary is the highest caliber on the market Buy with confidence and enjoy incredible prices lower than ever before Editor s NotesA most useful feature and like having a guide by your side learn from and be taught along the way We walk you through the book to highlight what is important and notable through our Editor s Notes Designed with Book Clubs and Groups in MindNot only meant for individuals but book clubs and groups can also benefit from using Flash Summaries as a tool to share with others Add to the conversation with group oriented questions to bring hot and notable topics to surface Preview summary with editor s notes Chapter Summary Motivation is not a mysterious emotional force but rather something we can consciously control It arises from our choosing a course of action and having reasons for doing so Focusing on these reasons and the positive outcome we expect from acting on them helps fire our motivation and

working towards them sustains it By consciously focusing on what we have chosen to do and why and by working towards a goal in a positive and supportive environment we can harness motivation to help us achieve Personal Freedom If we understand how motivation works we can consciously choose to be motivated thereby escaping the victim complex that many people fall into in excusing their lack of success Editor s Notes The desire for Personal Freedom is the individual s desire to define and pursue their own values in life It is a natural and universal human drive and far from being selfish or narcissistic is necessary for us to improve ourselves as individuals Social oppression and fear of non conformity are identified by the author as the main threats to this desire and he argues that while understandable giving in to these forces represents a compromise of personal integrity and ultimately the sacrifice of personal happiness and well being **The Motivation**

**Manifesto** Les Brown, Gene K. J. Kopczyk, 2025-02-05 Renowned motivational speaker and author Les Brown proudly introduces The Motivation Manifesto Les Brown s Principles for Inspired Living a transformative guide co authored by 15 extraordinary contributors Joy Rowland Marilen J Crump Jo Anna Bennerson Quatrell Walker Glenn B Johnson Emma Avery Randy J Dorman Marion J Carberry Dr Linda R Jordon Zac Spowart Jason Brown Gene K J Kopczyk Lavonia Nelson DeVante White and Derrick D Billingslea This inspiring book serves as a blueprint for personal and professional growth designed for those ready to unlock their potential and pursue lives of meaning and purpose Through compelling stories and actionable insights The Motivation Manifesto equips readers with practical strategies to overcome challenges discover their inner drive and step boldly into their destiny Les Brown shares This book is a testament to the resilience of the human spirit and the power of inspired action Each chapter provides a wealth of wisdom and proven principles to help readers live authentically achieve their dreams and positively impact the world The Motivation Manifesto is more than just a book it s a call to action for those yearning to break free from limitations embrace their passions and create lasting success Whether you re an entrepreneur professional or dreamer seeking clarity and motivation this book offers the tools and inspiration to ignite your journey Prepare to embark on a life changing adventure with Les Brown and his co authors as your guides This is your opportunity to rise above the ordinary and embrace the extraordinary [The Motivation Manifesto: Cultivating a Positive Mindset for Success](#) Colin Tandy, 2024-03-31 The Motivation Manifesto Cultivating a Positive Mindset for Success Do you feel stuck in a rut lacking the drive to achieve your goals The Motivation Manifesto is your guide to unlocking the power of a positive mindset This book will equip you with the tools and strategies to Reprogram your inner voice Learn to silence negativity and cultivate a belief in yourself and your abilities Embrace challenges as opportunities Discover how to reframe setbacks as stepping stones on your path to success Set goals that ignite your passion Craft a clear vision for your future and develop a roadmap to get you there Build resilience in the face of adversity Learn to bounce back from setbacks and maintain momentum Cultivate lasting motivation Develop habits and practices that fuel your drive and keep you moving forward The Motivation Manifesto is more than just a motivational book it s a practical guide to transforming your mindset and achieving

lasting success     El manifiesto por la motivación / The Motivation Manifesto Brendon Burchard, 2016-01-26 El manifiesto por la motivación es una llamada poética y potente para recuperar el control de nuestras vidas y para recuperar nuestra libertad personal. Una obra arrolladora que va más allá de su propio título y transporta al lector más allá de la mera motivación hacia una vida repleta de sentido y propósito. Paulo Coelho El manifiesto por la motivación es una invitación urgente y fascinante a recuperar nuestro poder individual. Para conseguirlo, el prestigioso formador y especialista en alto rendimiento Brendon Burchard nos enseña que la búsqueda de la libertad personal siempre ha sido el motor fundamental de la humanidad. Siempre ansiamos disponer de mayor libertad de elección: libertad para disfrutar de nuestro tiempo, libertad emocional, libertad social, libertad financiera, libertad espiritual. Sin embargo, hay dos enemigos que se interponen en nuestro camino: el externo, representado por la opresión social que nos conduce a la mediocridad, y el interno, una represión infligida por nosotros mismos generada por el miedo y la inseguridad. Solo lograremos reconquistar nuestra libertad personal con éxito si defendemos nuestra propia voluntad e independencia si luchamos contra las distracciones del día a día si nos enfrentamos a nuestras inseguridades y reivindicamos las voces de quien escogió la libertad en lugar de la tiranía. ENGLISH DESCRIPTION The Motivation Manifesto is a poetic and powerful call to reclaim our lives and find our own personal freedom. It's a triumphant work that transcends the title, lifting the reader from mere motivation into a soaringly purposeful and meaningful life. I love this book. Paulo Coelho The Motivation Manifesto is a pulsing, articulate, ferocious call to claim our personal power. World-renowned high-performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice, time, freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy defined as the social oppression of whom we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear. The march to Personal Freedom, Burchard argues, can be won only by declaring our intent and independence, stepping into our personal power, and battling through self-doubt and the distractions of the day until full victory is won. Recalling the revolutionist voices of the past that chose freedom over tyranny, Burchard, at times poetic yet always fierce, motivates us to free ourselves from fear and take back our lives once and for all.     **The Motivation Manifesto for the Life-Claiming People** Melanie Hutchinson, 2015-04-03 Do you suffer from procrastination? Do you put off the things you should be doing to do things you shouldn't be doing? Are you constantly rushing to meet deadlines even though you had plenty of time to complete your project? Do you know you could do better if only you had the motivation? The secret is here in Melanie Hutchinson's The Motivation Manifesto. Everyone can benefit from this work because Hutchinson identifies what procrastination is, why people do it, and how to change this destructive habit. The Motivation Manifesto identifies the two types of goals we all at some point have as the doing goals we want to do and the being goals what we would like to be. Procrastination erodes both types of goals, but there's hope in the pages of this book. Hutchinson kicks this off with how we should identify our personal goals of every type.

She advises setting large major goals and then breaking them into smaller and smaller goals that correspond to smaller and smaller increments of time The Motivation Manifesto includes an important concept the concept of positive visualization It encourages us to envision in detail what life is like for us with our goals met For example if my goal is to run a 5K I would envision myself crossing the finish line proud and happy with my accomplishment Hutchinson also suggests an interesting technique called goal pictures to help our visualization efforts Hutchinson then delves into achieving our smaller goals with strategization If previous methods haven't been successful in our particular business then we should brainstorm new methods to achieve our objective Another key to addressing procrastination and gaining momentum is to prepare for obstacles and have a plan for addressing them if they arise For example if I'm writing an article for a newsletter I should save it to a cloud based service in case of power outage that affects my laptop The Motivation Manifesto also reminds us of the well known 80/20 principle that there are methods that are much more efficient than many others This helps out procrastination by helping us to isolate the most effective way to get things done Hutchinson also endorses drawing on resources already at hand your environment and overwhelming important projects with all available sources of energy in order to work most efficiently The Motivation Manifesto doesn't shy away from the concept of time management Hutchinson advocates a calendar based system for completing projects that she details explicitly in this book She also lists many tips for increasing personal discipline during work sessions so you get the most results out of each work day Along with positive visualization Hutchinson also suggests positive affirmations to stay mentally fresh and focused She quickly but thoroughly explains how to practice affirmations and weave them into our lives as a part of healthy daily practice Finally Hutchinson uses the method of rewarding ourselves when we have met daily weekly monthly and yearly goals She outlines what make good rewards and how to incorporate rewards into our system of work to keep us engaged with our most important projects

Limited Edition      **The Motivation Manifesto** Tracy Hawkins, 2023-08-04 Endow your life with a new surge of motivation with The Motivation Manifesto Unlock Your Drive and Achieve Your Goals This exclusive report by Tracy Hawkins serves as a radiant beacon ready to illuminate your path towards success Not just another self help manual on the bookshelf this special report is embedded with practical insights effective strategies and the wisdom necessary to kindle your internal fires and accelerate your progress Each chapter is an enlightening journey that deconstructs the elusive art of success from understanding your potential and mapping your trajectory to embracing lifelong learning and rising above failures Your ambitions will awaken and grow its wings your dreams will solidify into achievable reality Hawkins's profound insights presented with captivating narratives will compel you to break free from your comfort zone fuelling a relentless journey of progress and achievement Whether you are a voracious learner seeking self improvement a dreamer aiming to transform aspirations into reality or a professional aspiring for higher success this report will extend you the strength inspiration and the tools to chart your path It culminates as a compelling blend of inspiration and pragmatic solutions that makes you believe



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**pour revendiquer votre pouvoir personnel par Brendon Burchard** MY MBA,2022-02-18 Notre résumé est court simple et pragmatique Il vous permet d'avoir les idées essentielles d'un grand livre en moins de 30 minutes Comment devenir une personne motivée Pour réaliser les rêves de toute une vie grâce de simples objectifs quotidiens vous devez être motivé Et en plus d'améliorer votre vie lorsque vous devenez une personne motivée vous devenez un puissant motivateur pour les autres Dans ce livre vous apprendrez Quelles sont les deux forces motrices opposées de la motivation Comment connaître vos véritables motivations Comment ne pas puiser votre motivation Comment renforcer votre motivation Comment atteindre une motivation fantastique Nos réponses ces questions sont faciles comprendre simples mettre en œuvre et rapides exécuter Prêt devenir une personne motivée Allons-y Achetez maintenant le résumé de ce livre pour le modeste prix d'une tasse de café *Live the Life You Deserve* Sylvester McNutt III,2024-08-20 Embrace your true potential and live your best life with guidance from Sylvester McNutt III host of the Free Your Energy podcast and author of Care Package Do you ever feel like there's more to life but struggle to figure out how to attain it Are your circumstances holding you back from reaching the best version of yourself Through insightful exercises heartfelt stories and practical advice you'll learn how to navigate the depths of your wounds finding the strength to release the past and embrace forgiveness Drawing from his own experiences and personal transformation Sylvester McNutt III life coach and host of the Free Your Energy podcast provides all the tools you need to unravel the layers of pain and past traumas that have held you back cultivate boundless self love build healthy relationships that nourish your soul live life in alignment with your true purpose If you're ready to heal your wounds break free from limiting beliefs and unlock your potential Live the Life You Deserve will be the ultimate companion on the journey toward a life brimming with possibilities

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