

# MOTIVATION AND CIRCUMSTANCES

**I would if I could...  
but I can't because of them...**



**Learn How to be Somebody!  
100 years of Motivation Lessons!**

**SHANE BYERS**

The Super-Me Series

#1 GREATEST PRACTICAL PROGRAM FOR YOUR “SUCCESS”

# Super-Me Self-Improvement Series

## Shane Byers

It's brand new and it's incredibly powerful!!...a few days from now your life could be completely different...turbo-charged (no excuses) motivation system... increase self-discipline, increase self-esteem, stop procrastination, accomplish your goals and master your life...

AND IT WORKS FOR ANYONE, ANYPLACE, ANYTIME.

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Dozens of “Success Tools” with full implementation instructions, examples.

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That's what friends are for!

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# TABLE OF CONTENTS

[INTRODUCTION](#)

[“MOTIVATION” MEANS “MOVE”](#)

[I PROMISE YOU...](#)

[ENTHUSIASM](#)

[THE “DO IT POORLY RULE”](#)

[ALWAYS EXPECT “SUCCESS”](#)

[THE DEFINITION OF “FOCUS”](#)

[CIRCUMSTANCES ARE NOT EXCUSES](#)

[WRITE DOWN \(ON PAPER\) YOUR “GOALS”](#)

[BACK TO YOUR CIRCUMSTANCES](#)

[LIST YOUR “IMPACTORS”](#)

[BE WHO YOU ARE](#)

[WORK TO LIVE, DON'T LIVE TO WORK](#)

[“MAKE THINGS HAPPEN”](#)

[DON'T BE A FROG](#)

[IT'S TIME TO TAKE ACTION](#)

[I WANT TO BE “SOMEBODY”](#)

[I'VE GOT NEWS FOR YOU](#)



# **“MOTIVATION” AND CIRCUMSTANCES**

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of them...**

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That's what friends are for!

**MOTIVATE**

**Mental**

**Optimism**

**Till**

**I**

**Vanquish**

**All**

**Those**

**Excuses**

# INTRODUCTION

Yes, I can pump anybody up to be “Motivated” temporarily. It may take 1, 2, 3, 10 hours but I “Guarantee” I can do it.

However, you know that I can’t “make” you do something long term unless you really want it yourself. Believe me I’ve tried to “make” people be “Motivated” long term before...until I was blue in the face. It only works temporarily.

For the “Motivation” to last the individual must ultimately learn to “Motivate” themselves. For me to go and visit everybody every day for up to 10 hours is just physically impossible. However, you can learn to “Motivate” yourself.

Use this “Super-Me” Series to pump yourself up when you need it. Use the many “Success Tools” that you are learning. Each time you “implement” a “Tool” is time that we share... I enjoy being there when you are moving forward.

In this Manual I am first going to talk with you about a simple method to “Motivate” yourself. Among many other inspirational topics, we are also going to talk about your “Goals”, your particular life circumstances and that NOW is the time for you to “Make Things Happen”.

In fact, did you know that the average individual spends the same amount of time driving their car each year that an average college student spends studying at school? This means that each and every day you have the opportunity to attend Auto University. Yes, rather than listening to the radio or yelling at other thoughtless drivers you could be listening to an audio presentation in your car. You could be studying any subject you desire. You could be bolstering your “Motivation” by listening to your favorite inspirational speaker.

Audio learning is fantastic and effective.

Think about the possibilities. What would “Super-Me” do right now?

# **“MOTIVATION” means “MOVE”**

When I ask you to define “Motivation” in one word I’m quite sure you can think of a great number of words which might fill the bill. However, none of those words would be any better than this one. The word is ... “MOVE”.

That’s right, get up and “Moo-ve”. In any direction...just “Move”. Of course, the best result would be for you to “Move” in the direction of your “Goals”.

The Manual you are reading right now is about “Success” but if you want to take a short cut and take a condensed version of “Motivation 101” (“1 STEP”) than all you need to know is the word “Move”. That’s right. “Move” as in get up and do something when you really don’t want to do it.

“Motivation” and “Move” are the same thing. With both when you want something bad enough then you will go get it. Nothing will stop you.

When asked to define “Motivation” in one word the person who provided the answer “Move” is a very good friend of mine who was about 50 years old at the time. He is an ex-Staff Sergeant in the U.S. Army. He is a decorated Vietnam War Veteran, father of four, and a trainer of men who he ultimately had to rely on to stay alive. In short he had to learn to “Motivate” people instantly. His technique was two part. First, he’d break them down. In our context that means to make sure you the reader knows that whatever you have been and are now doing is NOT working. You’re not YET the successful millionaire of your dreams. That’s the broken down reality.

Secondly, he’d train them. He had to re-build them. In our context that means to teach you the tools which will easily enable you to accomplish your “Goals”. To show you the actual “2 Steps to Success”, the concept of “Take the 1<sup>st</sup> Step”, the “Brain Train Game”, the “Focus 30 Program” and among others your very own personal introduction to your very own “Super-Me”.

You need to understand right now that what you are learning is vastly important to your future. All your “Dreams” are possible if you follow this “Super-Me Self Improvement Series.

# **I PROMISE YOU...**

I'll make you two promises right now.

One, I promise that if you actually "Implement" the new "Success Tools" that you are learning then you will have a more successful life. Guaranteed.

Two, if you don't "Implement" the new "Success Tools" that you now have available to you thru the "Super-Me" Series then you will have more of the same ol' same ol' life that you have right now.

What can you do to "Change" your life today? To be more successful?

The "Super-Me" Series contains the complete plan and it is short and easy to learn. Anyone, anyplace, anytime can do it instantly.

You'll feel a difference in yourself and your life immediately. Of course, you'll be living your life differently. You'll be focused towards "Success".

And you can utilize these new "Success Tools" for the rest of your life. For as long as you want to remain successful.

# **ENTHUSIASM**

The single greatest predictor of “Success” on a job or in the pursuit of any “Goal” is whether you like what you are doing.

Do you love the daily tasks you are performing?

Do what you love and the “Success” will follow.

Yes, do what you love even if you’re not very good at it right now (read on...).

# **THE “DO IT POORLY RULE”**

The late, world famous Mr. Zig Ziglar, one of the world’s foremost motivational speakers and multi-best selling author once told a story at a breakfast meeting I attended in Portland, OR where he said he had heard the comment, “Anything worth doing is worth doing well”.

He told us that later he had heard another phrase, “Anything worth doing is worth doing poorly until you can learn to do it well”. Each time you attempt something you will do it better. Practice makes perfect. If you’re serious about your “Dream” you will pursue it until you do it well. No matter what your “Dream” may be, I encourage you to apply the “Do It Poorly Rule” (until you become great).

It is sort of like, “If at first you don’t succeed, try, try again”. I mean, how can you possibly expect to do a great job at something when it is the very first time you ever did it. Quite possibly you may have never even had any training of any kind with respect to that first time job. Hey, if it is what you love to do then “Do it Poorly” until you become great at it.

**Expect the Best!**



# **ALWAYS EXPECT “SUCCESS”**

You've got to think optimistically. It is so much more “Healthy”.

There are no failures in life just temporary challenges. Sometimes you may lose a battle but your “Goal” is to win the war. Why spend a moment on thinking about what didn't work out yesterday?

Yes, I know you can learn from your mistakes. But, learning is very different from concentrating on all the “bad” things that happened or “could have” happened or maybe “might have” happen. This negative “could have” and “might have” type thinking is treacherous. It will only make you miserable.

Visualize your “Success”. This really works. Try “Visualization”. Can you visualize your successful self? Who will you be? Where will you live? What will you do each day? Visualize your perfect life in vivid detail. Remember the wise saying, “If it's to be, it's up to me”. Do not hold yourself back on any level. Visualize exactly what you want out of life. Just have a seat and relax your body, close your eyes and visualize in your mind's eye exactly what your “Success” looks, tastes and feels like.

Be aware that negativity may attempt to side track you; which is essentially just wasting your valuable time on something other than the pursuit of your “Success”.

Constantly “Focus” on the positive. Anytime you catch yourself thinking a negative thought, take action. “Change” the subject. “Make Things Happen.”

Keep a list of “positive statements - key “Self Talk” words” in your pocket at all times which when read will reinforce your being to the fullest.

“Self Talk” really works. In fact, start to keep a “Positive Journal”. Nothing goes into it unless it is positive. Every day put a new positive thought into your journal. Every day read that journal in order to pump yourself up.

# **THE DEFINITION OF “FOCUS”**

When I say “Focus” I mean razor sharp concentration on specific activities. Said activities (one by one) once accomplished complete a task. Multiple tasks completed achieves a “Goal”.

You just can't argue with the fact that “Focus” results in peak performance.

“Focus” will get the job done.

# **CIRCUMSTANCES ARE NOT EXCUSES**

Some of us have very favorable circumstances. Some of us are doing just fine. But I can tell you that if you find yourself doing just fine then it is time to challenge yourself. Believe me the payoff will be worth it.

If you are doing well or “just fine” then you obviously have skills or you wouldn’t be as successful as you are...

But if you have skills that got you that far than couple those skills with your new “Success Tools” and it is easy to see how you will easily up your game.

Circumstances...

good or bad...

are no excuse for you not to go to the next level.

There are some people out there who at this exact moment find themselves in a set of totally ridiculous circumstances (or at least have been there before)? I mean it’s the worst. Bad job. No job. Crummy house/apt. that I rent. Embarrassing car or no car. Things are definitely not where you want them to be...

Well, maybe it’s not that bad but maybe it is. Either way it doesn’t matter. Down is down. When you’re down the only place to go is up.

Not everybody’s down (rock bottom) is the same. I have friends who feel they’re doing bad when they don’t have at least \$1,000 spending money in their pocket. They like to know that they can buy every day at anyplace, anytime, anything they see (within reason...within reason to them is \$1,000 and less). If they can’t buy that something then they feel down and out broke. Others really don’t have \$25 to spare on a whim.

It doesn’t matter where your rock bottom is...you’re still there as far as you are concerned. Hey, I can remember times when if it only cost 50 cents to go around the world, I couldn’t get out of sight.

If you find yourself in this picture (down and out), don’t worry. Maybe you’re not down and out but rather you just haven’t achieved all of your “Dreams” yet, you are still in the race... don’t worry. In either case, things are about to get a

whole lot better for you.

# **WRITE DOWN (ON PAPER) YOUR “GOALS”**

Before we go any further, let me tell you a little something about “Goals”. I truly use to believe that writing down my “Goals” was a bunch of baloney. Really. I used to think why waste my time writing down “Goals” which aren’t going to do anything for me when I could be doing something constructive with my time. If you feel the same way and I know from research that most of you do then bear with me for a moment.

Studies indicate that only 2% of us write down our “Goals”. Huh? That roughly approximates the same percentage of us that represent the most wealthiest individuals in the United States. I wonder if there is some correlation. I don’t know, what do you think? Hey, you can’t argue with facts.

A major University study found that of its 1980 graduating class 2% of the students wrote down their “Goals”. Twenty years later the study revealed that the combined annual income of the same students in that 2% group totaled to more than the combined annual income of the other 98% of the students in the graduating class. Do you think the fact that those 2% wrote down their “Goals” had anything to do with their “Success”? I don’t know, what do you think?

Based on that study and based on my own personal experiences, I’m here to tell you that writing down your “Goals” works. It is truly amazing. You must try it.

NOTE: I truly do hope you are paying attention. If you didn’t do anything from any of the 10 Manuals in the “Super-Me” Series except pay attention to writing down your “Goals” then you will prosper greatly.

Now imagine what the possibilities are if you invoke the power of most or all of the other “Success Tools”...

Enjoy Your Success !!!

# **BACK TO YOUR CIRCUMSTANCES**

Let's get back to your "just fine" or not so fine circumstances. Remember, we're not ever going to use those circumstances as an excuse. We're simply going to use those circumstances as a starting point.

Take some time out and actually think about nothing but your particular set of circumstances. Write down the major circumstances in your life, good or bad (maybe all good, maybe all bad, probably some of both). Remember, with respect to the bad, it's OK because you are not accepting any bad circumstances as our inevitable fate but rather they merely signify your starting point.

That list of circumstances should touch on the main areas, what I call "impactors" in your life. Something like the list I compiled above as to how bad it could be. These "impactors" may be your job, your housing, your health, your education, your location, etc.

Don't let the past be a circumstance of yours in the present. You did the best you could in the past with the "Tools" you had. Don't feel guilty about the past. There is nothing you can do today about yesterday except learn from your experiences.

By the way, kids are not a circumstance. Kids are a blessing. Lack of time in the day may be an "impactor" and we can deal with that. But, your kids should be a "Motivator" toward and not a detractor from your "Success". Love your kids.

# LIST YOUR “IMPACTORS”

Whatever “impactors” you choose, write them down. These are the areas in which we will set goals. Write down each one of these “impactors” on a separate 3”X 5” index card (or again, use whatever device you are comfortable using... the key is that you choose something that you know you will use constantly and consistently during your “Program” time period.

We are going to take each “impactor”, one at a time (a different one each day or week if you like...whatever works for you) and help to correct that circumstance in your life.

For instance, you don’t have a good job (or the job you have is not satisfying). Well, why don’t we start with the “impactor” of “career” with the first “Goal” to be building a great resume. In the process of building the resume we might determine that the career you want requires that you get into a completely different line of work in which you have no training (but it is exactly what you want to do). OK, we should see if there is a job which offers OJT (On the Job Training), paid training or a job which will start you in the right direction to get the training.

But I don’t have any money for training. Well, then we’re going to have to get a student loan. But my credit stinks.

Well, you can see that we have a myriad of excuses but remember we don’t want excuses. We want progress. We want “Motivation”. We want to think positive.

Guess what? If all you can come up with is more and more excuses then I believe you never really wanted that training because you never really wanted that career. So, start all over and let’s be real with yourself.

What career do you really want? It doesn’t matter what your father wanted you to become or what your husband says you should do. It matters what you want to do, what will excite you enough to “Motivate” you to “Move”. To generate enough genuine excitement about to drive you to “Succeed” at it. To get you to get up and do something!! To go get that training even if it is a 2-4 year training program or longer.

# **BE WHO YOU ARE**

Don't be embarrassed about what you want to do with your life. Pick your profession and go for it. Utilize the "Success Tools" in this "Super-Me" Series. If you want that career then apply the "Success Tools" you are learning in these Manuals.

Can you see how Step 1, "Preparation" and Step 2, "Boldness" can be applied here?

Ask yourself, what would "Super-Me" do right now if she/he wanted that career?

"Take the 1<sup>st</sup> Step"!

Use "Self Talk" to train your brain to become the person you need to be to go get that career.

Use the "Focus 30 Program" to day-by-day achieve your "Goal" to get that career. Day 1, build a resume. Day 2, mail out your resume. Day 3, go knock on doors, use the phone, etc. You can do this!

You have a 2 Step Process and a fully implementable set of "Success Tools" that work for whatever your "GOALS" are.



# **WORK TO LIVE, DON'T LIVE TO WORK**

Most of us have a job that can get pretty dreary some days if not all days. You may even know people at work who only start to “Smile” on Friday at about 4 p.m. This is not right. Don't live to work. Rather, work to live. What do I mean by that?

In a perfect scenario, your sense of excitement about living should come from the fact that in your life you are pursuing your “Goals” and your “Dreams”. You don't want to be on that 14 day merry-go-round paycheck cycle. The same thing day in and day out. Identify your “Dream” and go for it. Nothing is really holding you back except you.

Your whole life should not be centered around your job (not even a whole day) ...unless you love what you do. You should have a bountiful life outside of your job which is the reason you get up every day. Pursue your “Dreams”. Your job is just an activity to be performed (it pays the bills for now). It enables you to pursue your real “Goals” outside of your job until you can live your “Dream” full time without working for someone else.

Alternatively, you may not be the entrepreneurial type. Maybe you're totally content with your job. That's fine. In your case, I'll simply say don't get into a “rut”. Make sure your life is filled with joy and contentment whether it comes from tending your backyard garden, spending quality time with your spouse and/or children, participating in your favorite hobby, performing volunteer work in your community, etc. Life was not created to waste. As the old saying goes, nobody ever puts on their tombstone...I wish I would have spent more time at the office (or on the couch).

When you actually become “Super-Me” and “Change” your life around so that you are living your life working towards achieving your “Goals” and “Dreams” your life will be so exciting. You will be fulfilled. You will be “living” your life not just biding your time. You will be so excited to get up in the morning.

When you do go to work, you will have an entirely new attitude. You will bring so much life and positivity to your job that your co-workers may not recognize you. And you'll probably do a better job at work too.

All of this because you will be living a fulfilled life. At 5 P.M. you won't be

ready to go home and fall on the couch to watch TV. Instead, that is when your life will begin. At 5 P.M. you can begin to work towards realizing your “Dreams”. You should be inspired, happy, “Positive” and thankful to be alive.

If you pick a “Dream” that you love, it won’t be work, it will be fun.

Remember, Confucius said, “Pick a job that you love and you’ll never work another day in your life.”

Once your “Dream” gets up and running you can kiss your old job goodbye (unless of course your old job is part of your “Dream”).

# **“MAKE THINGS HAPPEN”**

“Make Things Happen!” Don’t wait for things to happen. You can do it if you put your mind to it.

Get off the treadmill of life. Get out of the rat race. Start to make decisions for yourself rather than living the same old repetitious routine day after day.

Start to recognize the decisions you make all day long. What do you eat? Whether to exercise or not? How to improve that day?

“Make Things Happen”. Decide to have an Internet Day, a Beauty Day, a Library Day, Help a Friend Day, etc. Ask “Super-Me” what to do right now.

If you don’t understand the concept, “Make Things Happen”, then think of a pool table. You have a choice. You can be one of the numbered balls and wait for the cue ball to come and crack you on the side of the head or you can choose to be the cue ball and do the cracking! Think about it.

There’s only one ball left on the table at the end of the game. It’s the cue ball. Every time the cue ball does leave the table (i.e., a scratch) then it is immediately put back on the table to start cracking again. In fact, normally, everyone around the table (whoever is closest) will scramble to grab the cue ball out of a pocket (after a scratch) to put it back on the table. The cue ball is so popular; everyone is there for it. Everyone wants to assist it. Everyone wants to touch it. Why? Because it is the doer, the mover and the shaker on the table. Do you want to be a cue ball? Of course you do!

# **DON'T BE A FROG**

Here's a little story for you. It's called, "Are you a frog?" It goes like this...

There were these 3 frogs on a lily pad out on a nice pond.

They all 3 decided to jump off of the lily pad.

Tell me, how many frogs are left on the lily pad?

One? Two? No... there are still three frogs on that lily pad because the 3 frogs only "decided to" jump off.

They didn't "take any action".

The moral of the story is... You need to "Take Action"!

# IT'S TIME TO TAKE ACTION

So, if you want to be a cue ball and not a frog you have to do more than “decide” to “Make Things Happen” for you (and your family).

You have to actually do something. You have to “take action”. “MOVE”.

I mean, how effective is a cue ball on a pool table if it just sits there? Not effective at all, if it doesn't “Move”. If it doesn't move then it is just like all the other balls. That's not you people. You are the cue balls... the ones that “Move”.

You're going to “Move”. Ask yourself, what would “Super-Me” do right now?

Yes, so “Take the 1<sup>st</sup> Step”. And then “Move”! Don't be a frog!

How do you “Make Things Happen? You “Move”. Go in some direction, any direction but “Move”. “Take the 1<sup>st</sup> Step”. It is that simple.

Ask “Super-Me” what he/she would do right now!

# **I WANT TO BE “SOMEBODY”**

I WANT TO BE “SOMEBODY”...

Ask 10 young people (age 13 to 18) what do they want to be when they grow up and a surprising number of them will say, “I don’t know what I want to be but I know I want to be “Somebody”!”. When asked, they don’t exactly know what that means but they do know that they want to be “Somebody”. Be important. Be respected. Be famous. Be well paid. Heck, be rich! Be “Somebody”!

Those are good intentions but they don’t really mean much all by themselves. It takes more. You’ve got to “Take the 1<sup>st</sup> Step”.

Oh, by the way, it’s not just young people. Older people too. In your 30’s, 40’s, 50’s, 60’s and up? Do you remember when you wanted to be “Somebody”? Still do? What happened? You got side tracked for any number of reasons. But it’s not too late to be that “Somebody”!

You have the “Tools” right here.

But, but...it’s the early bird that gets the worm. It’s too late for me. Well, the early bird may get the worm but it’s the second mouse that gets the cheese. It’s never too late for you. Go get your cheese!

# I'VE GOT NEWS FOR YOU

This “Somebody” that you want to be is not (understand me here)... is not the person you have been nor the person you are being.

You have got to “Change”. Right here and now. Decide and “take action”. It is time to “Change”.

Now this is the umpteenth time I have mentioned the fact that you have got to “Change”. Pay attention. “Change” to what? “Change” to be your “Super-Me”! It’s that simple. Read on.

It really is simple. Discipline yourself to always call on your “Super-Me”.

The challenging part is becoming comfortable acting as “Super-Me”. It takes a lot of courage to “Change” but most people find the transition can be easy and immediate when they make their “Change” with the help of “Super-Me”. You have to let go of the old you. Let go of worrying what others will think. Let go of embarrassment and shyness. Stand up. Step up and be counted. Act the way “Super-Me” tells you to act. “Super-Me” is always right.

In short, “Change” into “Super-Me”. It will still be you, but times 10, times 100, times the world.

The result will be that you will have control over your life. Specifically, you will have complete control over your “Attitude” and your “Actions”.

You have what you need to “Implement” the “Super-Me” Series and become that “Somebody” of your “Dreams”.

And there are still more “Tools” to come. Your favorite one might be coming up?

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