

**Page Title Tag:**

The Barefoot Writer – Your Path to Online Writing Freedom Starts Here!

**Page Description:**

Barefoot Writer is your go-to source for beginning and ultimately achieving online writing freedom. The best instruction and advice don't help much if a person's motivation level isn't high and consistent. The article is about taking control of one's motivation level to put the knowledge to work.

## What Does Online Writing Freedom Look Like for You?

Believe it or not, the answer to that question is the biggest key to achieving the dream of **online writing freedom**. It's great to want it. Now how do you get it?

This article covers the nature and process of motivation. In it, you'll learn the process of assembling your personal motivation tool kit. When you master these tools, magical things can happen in your life.

- Resistance to the changes you want to make cracks and fall away.
- Your emotional energy focuses on the dream, not distractions
- You set achievable daily goals, and momentum builds when you reach them

The biggest problem most people have with reaching their dreams is understanding motivation as a process, not a single event.

A big part of the process is breaking the dream into pieces that can be achieved on a daily basis. As you reach those goals several days in a row, momentum toward the dream starts to build.

Your motivation level is critical to this process because it forces you to finish on days when not finishing would be easier. Not finishing breaks the momentum that had built up. Your dream dies if you do this too often.

**AWAI** and **The Barefoot Writer** community will put you in touch with the best teachers and best practices available today. After that point, it comes down to "want to".

The key is to keep your "want to" strong enough to maintain the momentum toward your dream.



One Vision of Online Writing Freedom

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## A Little Brain Washing Can Be a Good Thing

As crazy as that sounds, the same techniques a “B” movie villain would use can turn you into the highly successful version of yourself you dream about. It comes down to who is doing the “washing” and what the desired result is.

The main tool for the job is the constant repetition of the thoughts and attitudes desired into the mind you’re working on. Powerful visual imagery reinforces the new mindset, deepening the effect. In time, they combine to wear down the limiting beliefs holding you back.

## Who Do You Want to Be?

That’s a loaded question, and it requires some serious thought before you begin the process that follows. You don’t have to have it all together right at first. The idea is to start visualizing a better version of yourself.

Think deeply about things you’d like to improve about yourself. Things you’ve meant to get better at but haven’t gotten around to yet. These should be things that really matter to you but keep getting put off for whatever reason.

What will the “new” you be better at than the current version?

What distractions do you waste time on that can be set aside?

These are individual choices, but they will serve as building blocks for the “new” you. Choose them wisely. They are not to be what others want for you. They are what you want for you.

## Think and Grow Rich – Pioneering Motivation from The New Deal Era

Published in 1937, “Think and Grow Rich” by Napoleon Hill is arguably the first and most influential self-help book ever written. It inspired many other motivational books and 100 million copies have been sold to date.

Not bad for a “Cliff’s Notes”, is it?

What most people don’t know is that “Think and Grow Rich” is the condensed version of a 16-volume correspondence course published 12 years earlier. Stretching to 21 CDs in [audio book form](#), “The Law of Success” is a step-by-step course in salesmanship and motivation.



Napoleon Hill

It’s a true forgotten gem just waiting to change your life for the better.

As one listens to the lessons, it’s impossible to avoid being struck by the historical significance of what you’re hearing. Hill refers to titans of industry like Henry Ford, John D. Rockefeller, and Andrew Carnegie in the present tense because they were still alive when he wrote it.

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He interviewed them personally, and traces of the energy and “can do” spirit that built empires come through the pages to help guide your journey. Their insights into human nature and how to shape it for success are as true now as they were nearly a 100 years ago.

## **Tool #1: The Definite Chief Aim**

The true gem in “The Law of Success” is having the reader develop their Definite Chief Aim. It details a very specific goal for the person’s life, when they want to achieve it, and what they are willing to do to get it. He also suggests the reader write this down in long-hand and repeat it at least 12 times each day.

The result of the process is a happier, more successful version of yourself.

Some may call this brainwashing. In truth, the only things getting washed away are the old limiting beliefs and habits that kept the “real” you dormant. As the repetitions of the Definite Chief Aim pile up, momentum builds like a steam train heading for your goal.

Listening to the course on [audio book](#) is highly recommended. The process of changing how we think has never been taught better than Napoleon Hill did it all those years ago.

## **Tool #2: The Repellant**

What is it about your job or current business you don’t like? Is it your occupation, your boss, or maybe that your employer does things you don’t agree with? Ask yourself these questions and take note of things that spark emotions. Strong negative emotions are especially helpful.

The stronger the emotion, the more effective it will be as a motivation to do the work to make your dream a reality. As you think about what you want to get away from, it gets you back to work. You are reminded what you don’t want anymore, and each step is one further away from the “bad”.

## **Tool #3: The Magnet**

As you think about why you want to pursue the dream of **online writing freedom**, ask yourself the most important question of all.

Why?

- Is it to generate a larger income without buying a business with debt?
- Are you working too many hours to enjoy your life?
- Give this as much thought as it takes to get the clearest understanding of your “why” possible. Dive so deeply into it that you can see what you want your new life to be playing like a movie in your mind.

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This tool, for many people, is the strongest one in the kit because it attaches at the most deeply emotional level. For example, imagining your children playing in the big backyard of a house you can't afford now builds a fire under a lot of people.

When you think of a vision that puts either a big smile on your face or nearly makes you cry, you've found one to write down and use later. Emotions drive actions. The stronger, the better.

Over time, you will get better at the balancing act of stoking the emotional fire before doing things that are easy to put off. Imagine that train barreling through an obstacle on the tracks and you now are imagining yourself blasting through parts of the goal process that aren't fun but are necessary.

## Putting It All Together

You've now been introduced to the tools for creating and maintaining your motivation level, so the real work can begin. They are intended to be used together, not one at a time, because each one builds on and complements the others.

The Definite Chief Aim sets the course for pursuing your dream. You literally chip away at the shell of your current habits and life to reveal the "new and improved" version of yourself waiting to spring forth.

As you begin to act in pursuit of your dream, plan on using a combination of the Repellant and Magnet to keep moving at your desired pace. The Magnet is the better one for every-day use, as visualizing the images of what you want builds on the Definite Chief Aim. Every so often, a nice strong dose of Repellant works as the "kick in the pants" we all sometimes need to stay on the path toward our goals.

Find pictures of things that fall into both the Magnet and Repellant category because you will want to use them as part of the process. Small physical items also help too. Keeping items that remind you where you are heading on your desk, both at home and at work, help to reinforce the visual.

## Final Thoughts

Looking back at everything mentioned above, the whole thing sounds like a lot of work.

It is.

The truth is that you'll be putting in a lot of effort in your working life no matter what you do. Doesn't it make sense to gain control of what your time produces and the proceeds of it for yourself?

Of course, it does, and the point of this article is to turn the good idea of operating your own business into the great opportunity it was meant to be. Lots of people start businesses with good intentions, but they lack the right business to start and the motivation to run it profitably.

If you've found your way to **AWAI** and become a member of the **Barefoot Writers** community, the "what to do" and "how to do it" parts are at your fingertips. Now that you've finished this article on motivation, you also know how to build and maintain the high level of motivation needed to make

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your new business thrive.

At this point, I want you to picture in your mind the scene you wrote down under the “Magnet” category that most affected you. Picture yourself in that scene right now. What sounds do you hear around you? What smells are in the air?

As you answer those questions and imagine yourself in that scene, notice how strong the emotions welling up within you are. You’re probably smiling a deep, happy smile that reaches to the core of who you truly are. It feels good, doesn’t it?

Now ask yourself the most important question of all: What can I do right now that gets me closer to making that scene actually happen? This question needs to be asked frequently, as it helps you stay focused and avoid distractions that will slow down your progress.

If you’re already a member of **Barefoot Writer**, [click here](#) to visit the member page and continue reading articles on how to make your business thrive.

If you aren’t a member yet, now is the time to begin your journey to [online writing freedom](#) by clicking [here](#)...

There is no time like right now to get started.

Just remember, your dream is waiting...

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