



1001 Ways to Motivate Yourself and Others

Sang H. Kim

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Motivation is the key to success in life, particularly in the martial arts. Students need motivation to achieve their goals. Instructors need motivation to give their best to every class. And more importantly, every instructor must understand the keys to motivating their students to stay focused and enthusiastic in their daily workouts. This book is divided into two types of motivation: the inspiration section, with hundreds of motivational sayings to inspire you and the application section, with hundreds of specific things you can do to get motivated or motivate others. It also includes the theory of motivation and the difference between good and bad methods of motivating others.

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