

# "Motivation Bites," Online Videos by Steve Gilliland, Provide Mental Stimulation to Jumpstart Your Week

LOS ANGELES, CA, UNITED STATES, March 25, 2024 /EINPresswire.com/ -- "[Motivation Bites](#)," presented by [Steve Gilliland](#), a Hall of Fame keynote speaker, entrepreneur, and best-selling author, is an exclusive digital motivational series designed to help individuals start their week with positivity and productivity. The on-demand bite-sized videos are designed to help people become more productive, effective, and mentally healthy. According to Gilliland, these inspirational videos aim to enhance the viewer's life and fill them with purpose and passion. 2024 is the "Year of the Self" and is anticipated to be a pivotal time for Gen Z, reflecting a universal desire for personal growth, [TheIndianEXPRESS](#) says. Experts agree this upswing in self-improvement aspirations likely arises from increased awareness of mental well-being, societal changes, and the digital era fostering introspection.



Steve Gilliland

"Personal growth and development empower you to produce better results and meet your goals. Growth is natural and vital to our survival. Similarly, mental growth and change are equally vital to your health and survival. Mental growth makes you feel accomplished and energized; it makes you better at everything you do, helping keep your mind sharp," informs Gilliland.

Gilliland explains that character-building and change are processes a person must go through to become one's best version of self. Becoming a refined and defined person happens with effort. There are always opportunities and ways of improving at any stage of life. He adds that personal development includes activities to enhance awareness and identity and develop talent and potential. Listening to the weekly four-to-five-minute "Motivation Bites" videos delivered via

Dropbox is an effective way to start the path of personal betterment.

"On the journey of personal growth, you have to look at yourself. When you start looking at yourself honestly, you will discover things you didn't know about yourself. You intentionally listen to your thoughts, feelings, beliefs, and desires. You become aware of yourself and become more of your true self, which improves your focus and effectiveness," Gilliland explains.

Gilliland says once a person gets the taste of knowing what they want to achieve, it will no longer be "funny how things work out." The individual's repeated actions will intentionally produce the desired outcome. Each video applies state-of-the-art technology and special effects to improve content retention, reduce cognitive overload, and increase viewer attentiveness. Gilliland reminds us that people retain 20% of what they read and 80% of what they watch.

Fred Doelker from Grandville, Michigan, says, "The Motivation Bites topics are spot-on, and the quality of the videos is remarkable. Steve Gilliland's combination of an inspiring or humorous story to fit each topic is brilliant. Since I first heard him speak, I became a fan!"

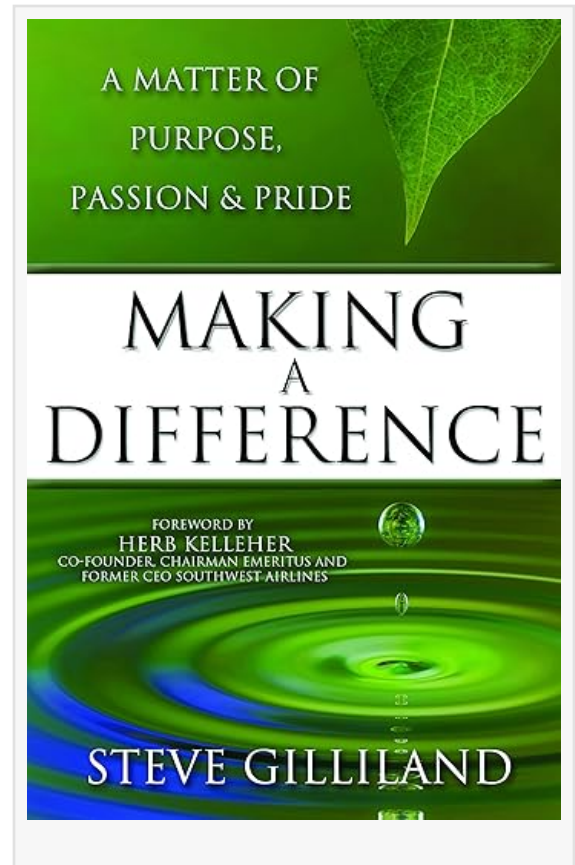
Steve Gilliland, a distinguished Speaker Hall of Fame member, is among the world's most sought-after and highly-rated speakers. He has spoken at over 3,400 events during his 25-year career. Renowned for his mastery in storytelling and comedic brilliance, he graces the airwaves daily through SiriusXM Radio's Laugh USA and Jeff & Larry's Comedy Roundup. Beyond his captivating speaking engagements, Steve has proven to be a prolific and accomplished author, with a remarkable collection of ten books, including titles such as "Detour," "Enjoy The Ride," "Hide Your Goat," "Making a Difference," "The Cherry on Top," and "Turn the Page." In May 2024, Gilliland will release his 11th book, "It Is What You Make It: Overcoming The It Is What It Is Mindset."

To learn more about Steve Gilliland and his transformative work, click here:

<https://stevegilliland.com/>

For more information about "Motivation Bites," click here: <https://stevegilliland.com/motivation-bites/>

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