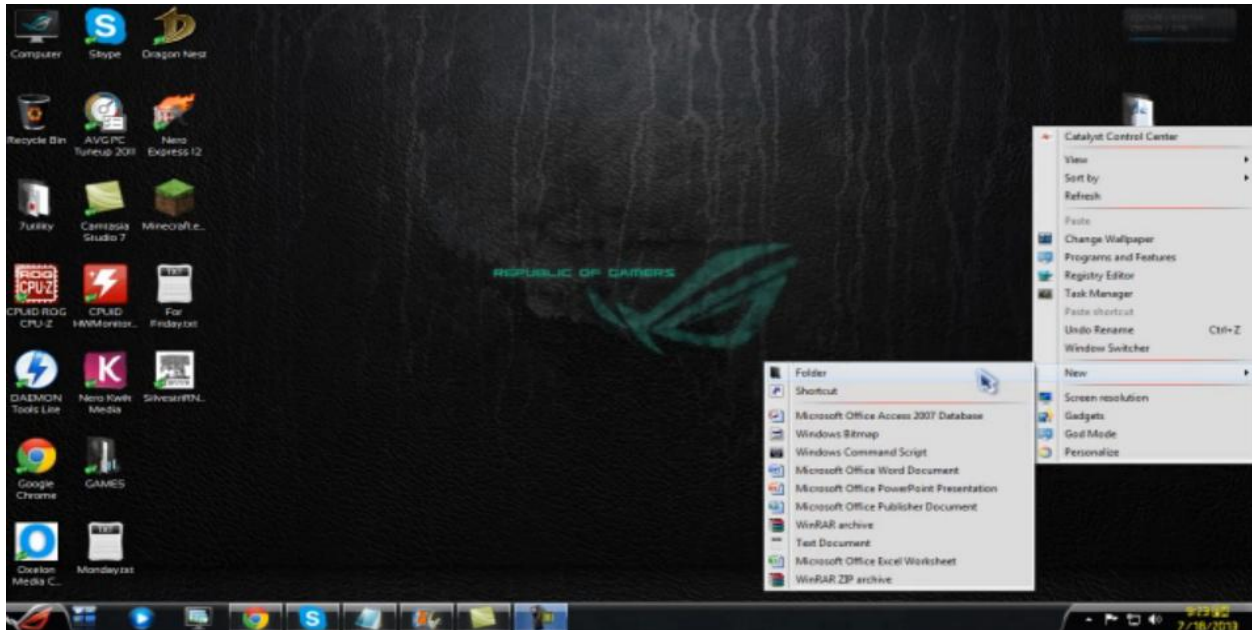


# Motivation for the Masters: *Creating Your Daily Motivation Folder*

## *How to Create Your Daily Motivation Folder:*

1. **Right Click** on an empty space on your Desktop
2. Hover your mouse over **"NEW"** then click on **"Folder"**



3. Hover your mouse over your folder then Right Click and click on **"Rename"**
4. Type in the name that you'd want the folder to be

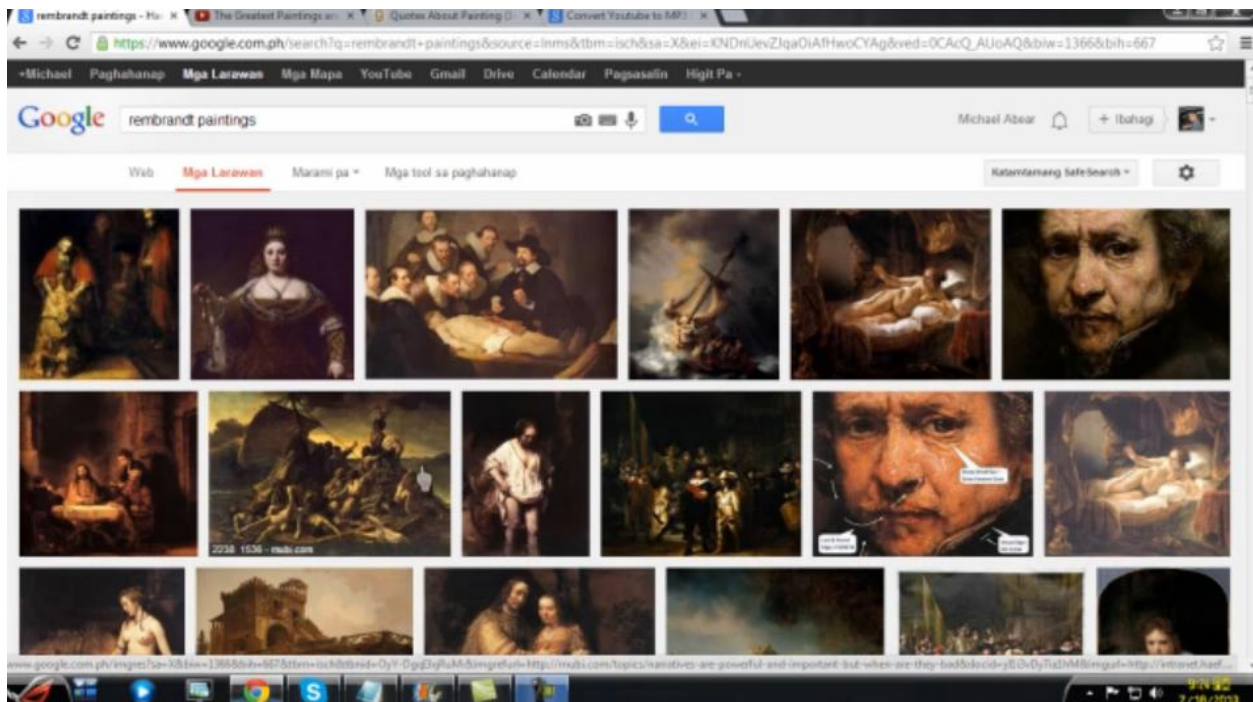


5. You can place in a bunch of stuff in your folder such as:

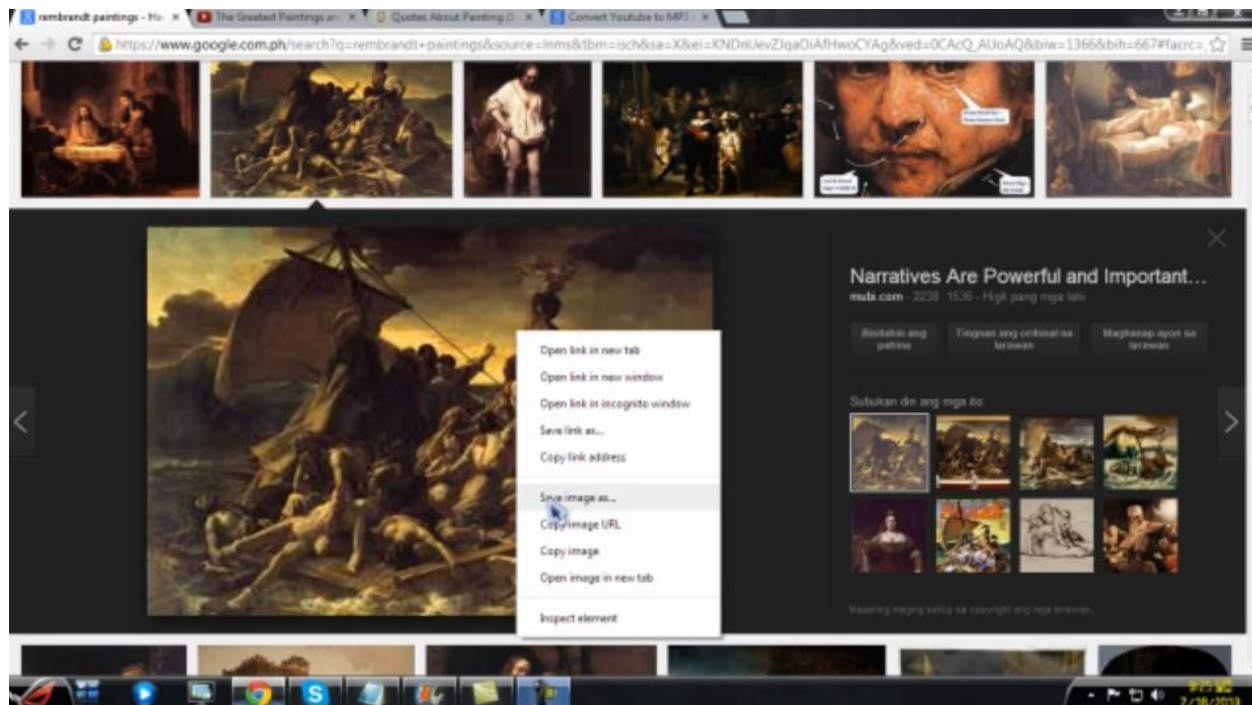
- a. Videos
- b. Images / Paintings / Pictures
- c. Audio Files
- d. Quotations
- e. Other inspirational media

## To Save Images:

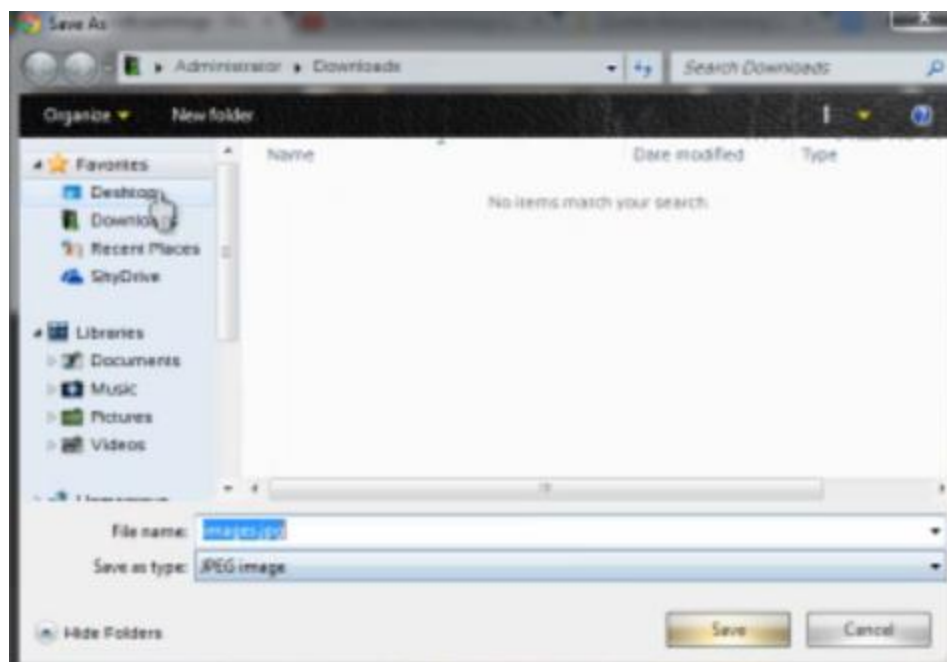
1. Go to your browser
  - a. Either you use Mozilla Firefox, Internet Explorer, Google Chrome, etc.
2. Type in the search bar what images / paintings you'd want
  - a. For this example we used **"Rembrandt Paintings"** as the **search keyword**



3. Click on an image you'd want to save on your computer
  - a. Particularly in your **"Daily Motivation Folder"**
  - b. Wait for the whole painting to load
    - i. You would realize this when you see a very clear image of the painting. Which would also depend on the quality of image you clicked on
4. After the painting has loaded
  - a. Right click on the image
  - b. Click on **"Save Image As"**



5. A box would appear which you could pick where to save it
  - a. Click the desktop icon (Since that is where we saved our daily motivation folder)

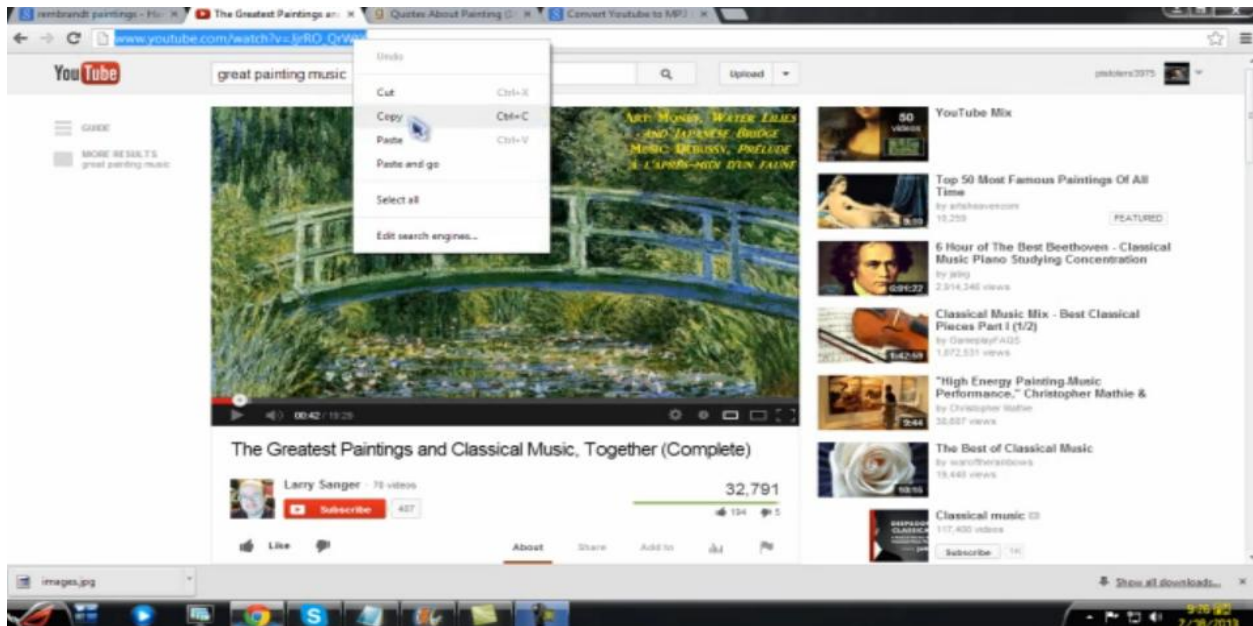


- b. Find the **"Daily Motivation"** folder that you created
  - c. OPTIONAL: change the file name if you'd want to
  - d. Click on **"Save"** when finished

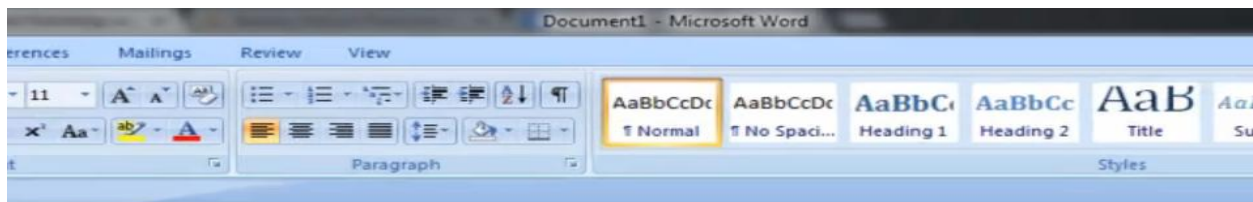


## To Save Video Clips:

1. Open your browser again and go to “**YouTube**”
2. Pick a video you’d want to save in your “**Daily Motivation Folder**”
  - a. Copy the video URL



3. Open your **Microsoft Office Word Program**
4. **Paste in the URL** that you copied in there
  - a. You can also make a note of where in the video you’d want it to start playing by simply leaving a note in together with the link that you copied



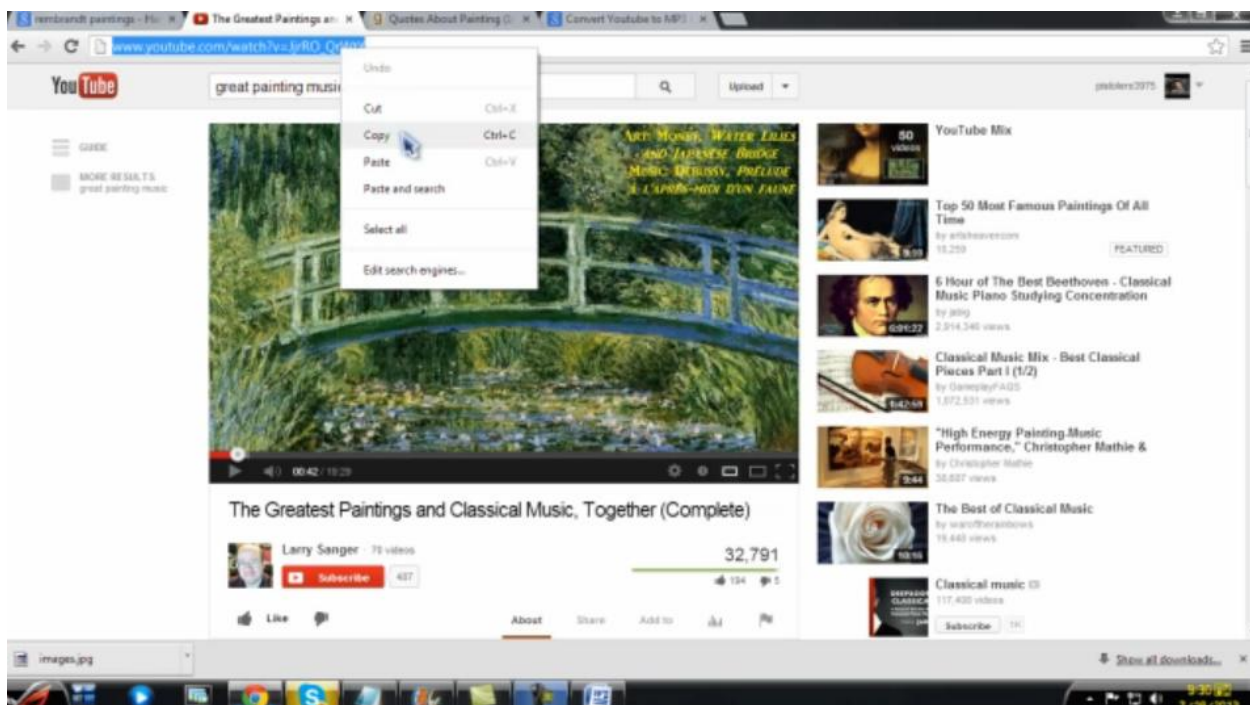
[http://www.youtube.com/watch?v=JjrRO\\_QrWtY](http://www.youtube.com/watch?v=JjrRO_QrWtY) 00:42 I

## To Save Quotations:

1. You can either make or copy quotations off from the Internet by simply searching it
2. Type in the keywords:
  - a. Painting Quotations
  - b. Quotations on Painting
  - c. (Any keyword that you could think of to search painting quotations)
3. Copy and paste it in the Microsoft word file that you have or notepad

## To Save Audio:

1. In your browser type in:
  - a. [www.vidtomp3.com](http://www.vidtomp3.com)
2. Paste the link of the video you'd want to get the audio from
  - a. For this example we used the same one from the example we had on YouTube earlier
  - b. **Copy the URL** from the video



3. Paste it in the box in [www.vidtomp3.com](http://www.vidtomp3.com)
  - a. Click on Download and follow the simple steps that appear thereafter

The screenshot shows the VidToMP3.com website. At the top, there is a banner with the MP3 logo and a red button that says "See How...". Below the banner is a green navigation bar with links for HOME, ABOUT, TOS, and FAQ. The main content area has a welcome message and a "Download Free Music" section. A large green "Download" button is prominent. Below it, there is a text input field containing a YouTube URL, which is circled in red. To the right of the input field is a yellow "Download" button. Further right, there is a section titled "How to convert YouTube to MP3:" with a list of five steps. At the bottom, there is a list of supported video sites.

**MP3**  
Videos are meant to be heard

**See How...** **Work From Home & Earn PHP308,182 A Month...**

HOME ABOUT TOS FAQ

**Welcome to our Video to Sound Converter! Exclusively at VidToMP3.com**  
Scroll down to start turning your video or music video files (from YouTube, MegaVideo, etc) into MP3 files.  
Download YouTube videos or convert YouTube to MP3

VidToMP3 is a brand new site that allows you to download YouTube videos and the audio from non-copyrighted video clips on video sites! We support all of your favorites: MySpace, YouTube, Vimeo, Google video and many more. Remember to bookmark our Video to Sound converter for all your vid to MP3 and YouTube to MP3 needs! We offer free file conversions from YouTube to MP3. Please review and abide by our terms of service.

**Download Free Music**

**Download**

Version: Latest  
OS: Windows XP / Vista / 7 / 8  
License: Free

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**How to convert YouTube to MP3:**

1. Copy the FULL address (URL) of the page with the video.
2. Paste the address you copied into the text box on the left
3. Click "Download", and wait. Please be patient
4. When your free conversion is complete, follow the instructions and click "Download MP3"
5. Done!

**The video sites that are currently supported are:** YouTube, MegaVideo, Dailymotion, Metacafe, Veoh, Myspace, Break, iFilm, Bolt, ClipJunkie, ClipShack, CollegeHumor, FunnyJunk, Glumbert, GoFish, Grouper, Hallpass, MilkandCookies, Putfile, SantaBanta, SoundCloud, YouTube, and many more.