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## MOTIVATE YOURSELF TO SUCCESS

**Key Strategies to Empower Your Mind**

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## 1. Understanding Self-Motivation

"You can motivate by fear. And you can motivate by reward. But both of these methods are only temporary. The only lasting thing is **self-motivation**."

- *Homer Rice*

Motivation refers to an inner feeling, strong desire, goal or expectation about something. You may not have the necessary level of inner drive to cross the gap between what you actually have and what you want. Self-motivation is what gears you to work to achieve your desire and bridge this gap.

"It is a funny thing about life; if you refuse to accept anything but the best, you very often get it" - *Somerset Maugham*

Self-motivation is not something which you can buy. Self-motivation is a form of self-encouragement. You tell yourself that you have the capacity to perform still better and surge ahead. This keeps you pushing further until you reach your goal.

You can motivate yourself even in very difficult situations. You may not be aware of any rewards or gains when you first start to move up but you continue working at it.

Your inner strength says that you can accomplish your goal, so you work on it. This inner strength is your willpower - the guiding force behind your self-motivation. This willpower is the strength of your ego, aided by some form of self-discipline. It forms an essential part of your health, happiness and success. As your achievements increase, you are happier and contented.

Why or how do you become motivated?

Research indicates that youngsters in challenging environments develop greater self-motivation than most of those who have an easier environment:

- ✓ They **learn** from role models.
- ✓ They **plan** their future goals and
- ✓ They **work** determinedly to achieve them
- ✓ They overcome all hurdles in life to reach their final goal
- ✓ They maneuver their way through various barriers through well-planned techniques which they have had to learn
- ✓ They use (often limited) available resources wisely

Self-motivation is a combination of willpower, goals and ability to keep trying to attain the highest level and never being satisfied until you reach your goal.

## **2. Power of Self-Motivation - Why You Need Self-Motivation**

**S**elf-motivation is a guiding force. You have certain goals and targets in life. You pursue them and work to achieve them. With a lack of goals in life you just keep moving along without any proper sense of direction or aim. This eventually leads you nowhere and you pass away without achieving anything concrete in life. Hence, fuel for your self-motivation lies in your ideals, dreams, and visions for your future.

### **Necessity for Self-motivation**

Self-motivation encourages you to plan goals and how to reach them.

It adds excitement and enthusiasm into your life. You add zest to your life and your activities become much more interesting.

It increases and supports your willpower which cushions you when you face obstacles or setbacks. You move along boldly against the challenges and adversities in your life.

It prepares and encourages you to accept new opportunities, try new techniques and seek new adventures.

In the process, you will come upon unexpected opportunities and rewards. The challenges and your improved ability to deal with them improves your quality of life.

This inner strength and willpower make you tough and build your personality. With this improvement, you will not need nor depend on others to boost or applaud your efforts as you move ahead.

It erases boredom and monotony from your life because you are working towards current goals and always have further achievable goals to pursue. There is always plenty of excitement in your life.

Self-motivation is a positive driving force to improve the quality of your own life and those around you. This leads to higher satisfaction levels, happiness and more fulfillment in your life.

However, it is better not to overdo anything. You need self-motivation to seek your goals but pace yourself and don't overexert or punish yourself.

### **3. Attitude and Behavior of a Winner**

**W**inners are not born so; they make themselves winners in life by charting the paths leading to their goals and aims in life.

A winner is a self-made person. You must face all eventualities, obstacles and adversities with vigor and passion just as you deal with happy times in your life. Do not accept unexpected challenges of life meekly, sit back, watch, or let things take their own course. Use your fighting spirit to battle any adversities.

You are a winner, cheering others guiding, and mentoring them while also pursuing your own goals in life. Your spirit to excel will establish yourself on your chosen path.

This positive attitude adds quality to your life and also helps to develop a better quality of life for those around you. You can improve the quality of life of all who meet you.

Disappointments are stepping-stones to your success. To become a winner, take upsets in your stride. You can learn from your mistakes and rectify them so you do not make them again. You can learn from stories of great and successful persons and strive to achieve your goals in life.

Success is different for different people. Every one of us has different levels of satisfaction. However, certain common factors about success are to live, love, and enjoy life, to help others, and to maintain positive elements in your life.

It's not a cakewalk. Success needs determination, energy, and effort to make it happen. Take each day as it comes and accept things in your stride. You can win only by cruising over the obstacles, locating, and identifying your path

amid the adversities. Life is a great teacher. Try to learn from the different experiences and happenings. Develop these attitudes and behaviors to become a winner in life.

## 4. What It Takes to Become a Winner

You are what you believe yourself to be - it is that simple. You can do what you have in your mind to accomplish. There is no place for any adversities to block your path. You can become a winner when you learn to have full confidence in yourself and your abilities.

The moment you start doubting your own capabilities, you are becoming negative. Being negative leads you nowhere or rather, it only increases the chance of failure.

Winning does not have any relation whatsoever to your physical looks or any regional classifications. Education and background do have a role to play in forming your personality but they are not the determinants that chart your course in life. You can find innumerable people who have achieved success in their respective fields with very little or almost no education.

To become a winner, take up challenges as they occur and meet them eye-to-eye. Never back out of your responsibilities or lose courage in trying times. You need to be optimistic and look on the brighter side of life. There are always two sides of a coin. Good times and bad times alternate with each other. Face your adversities with courage and determination. You will see them disappearing in no time. Every such experience will make facing future trials easier.

Do not wait for fate to chart your course in life to become a winner. Chart your own life with kindness, sincerity, and respect. Avoid any ill feelings towards anyone. You need to be happy for others' success. Try to help all; work and share with everybody.

A winner always looks to the future and does not live with his accomplishments of the past. Stand up for your failures and mistakes. Let go of your arrogance and do not force your ideals, values or goals on others.

Instead, be equally mindful of others' goals and desires. You can become a winner by setting aside your pride, accepting criticisms and always trying to improve. Be ready to work hard, let go of your anger and communicate your feelings and views to others.

## **5. Cultivate an Attitude of Positive Expectancy**

**H**aving a positive attitude in life is the first stepping-stone to success. You need to expect positive happenings and outcomes of every situation rather than be pessimistic. Success and failure are the two possible outcomes of any situation. Always look at every situation optimistically. Believe in yourself and your abilities.

Thereafter, work hard to achieve your goals.

Develop a positive attitude by forgetting your past actions. Every day is a new one, so do not carry forward any negative feelings of the past.

Instead, wake up and greet every day with a positive and cheerful attitude. Don't let any doubt creep into your mind while you actively pursue your goals. Believe in yourself and your capabilities.

You begin to doubt your abilities because you feel that you are unable to succeed. It is not true that you cannot do something just because you could not do it when you tried the first time.

You learn through your failures and do not make the same mistakes again. Do not fear failures because they teach you better ways to deal with things. Always keep looking ahead, not behind you, to fulfill your goals in life.

Failures are only temporary phases in life.

You can achieve a better positive attitude in life by building your inner strength. When facing an obstacle, tell yourself about your capabilities and

assure yourself that you can overcome it. Give yourself some positive self-talk and you will feel a resurgence of inner strength to tackle your problems.

Work hard to reach your goals and expect positive results. You are sure to win and succeed. Developing a positive attitude is an essential, giant step towards attainment of your goals.

Never shy away or back off from your commitment because it is hard. First, make good choices and then strive hard to fulfill them.

Be ready with different options to overcome any problems on your road to success.

## **6. Develop an Abundance Attitude**

Your mindset plays an important role in the success of your endeavors. It is essential to develop an optimistic attitude and you also must develop an abundance attitude. That refers to 'a feeling of having plenty'. This specific attitude and a positive focus leads you to still higher levels of success, prosperity and excellence.

A positive attitude helps you to focus. When you start any opportunity while maintaining your positive attitude, it can be easier to transform it into another successful venture.

However, when you develop abundance attitude, you instruct your mind to feel abundance of resources to develop still greater expectations of success. If you have abundance attitude, you always have an inner feeling of lots of energy and resources to go further beyond your original goals.

People with abundance mentality feel there are plenty of resources or energy to accomplish their goals. They believe that their success is a success for everyone and, similarly, they are happy and content with others' prosperity.

You can develop this mentality by thinking more about abundance. The more you think about abundance, the more abundance you have. The more abundance you have, the more success and prosperity is yours.

How does abundance create abundance?

Your mind and thoughts decide all your actions. Repetition of thoughts creates greater presence of those same thoughts. If you think of abundance constantly, you find abundance in your life. So, you need to fuel your mind with positive

feelings of abundance. This is focusing your mind and making a conscious effort to think positively and abundantly.

When your mind sets these priorities for your thoughts, it constantly thinks and instructs your subconscious mind to create favorable situations for the occurrences which you desire.

In simpler terms, if you want a good job, you keep thinking about it, contact relevant people, talk to them and, eventually, you land the sort of job which you seek or perhaps even something better. This is because your mind constantly tries to get a good job and thinks about securing a good job with better focus.

To attract larger abundance, feed your mind with thoughts of abundance, wealth, and happiness. You get greater positive and abundant thoughts to help create abundance of all good things in your life.

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