

SELF-MOTIVATION

HOW TO GET YOURSELF GOING

The only person for you to motivate is the one who looks back at you from the mirror. As you review each of these tips for motivating yourself, set goals to increase your efforts in that area.

- 1) **Develop a positive mental attitude**
Cultivate the habit of looking for the positive in every person, every event, and in yourself. The quality of your life is a direct reflection of the quality of questions you ask yourself.
- 2) **Associate with positive people**
The strength you draw from enthusiastic, imaginative, and active people will build you up. You will catch their “positivity.”
- 3) **Practice daily input of positive thought**
Read good books, listen to recordings or watch videos by successful people and practice absorbing their positive thoughts.
- 4) **Keep your long-range life goals in focus and persistently pursue them**
Nothing motivates like success. Achieving smaller life goals encourages you to reach for higher ones.
- 5) **Always know what you are going to do next**
Schedule something you want to do, and do it first thing every morning. It will get you motivated for the day.
- 6) **Put real life into your life**
Look for real satisfaction, bring out the best in others, be a “do-er”, not a worrier. Be more self-reliant and take pride in being a “problem-solver”.