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The Power of Self-Motivation

By L Sailaja

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How are you feeling today? Happy, sad, frustrated, dejected? Or, are you feeling/experiencing a state that cannot be described in words? In an age which is marked by ever-increasing competition and overpowering work/life balance, it is crucial to maintain equilibrium between intellectual strength and inner strength.

Despite the fact that we have to interact with a number of people and face pleasant as well as unpleasant situations, it is extremely important to retain faith in yourself at the end of the day.

When things are going the way we want to/the way we had wished to, everyday would be hassle-free. But, you have to brace yourself to deal with the very best and the very worst of everything. Sometimes, things go out of hand and we tend to be at the receiving end. This is the time to motivate yourself to get out of the whirlpool of negative emotions. Negative emotions have a notorious capability of suppressing positive emotions. Therefore, you need to adopt MBMs (Motivation-Building Measures) to feel better and perform better:

(1)Recognize Inner Strength: Everyone has the capability to achieve their goals. What is important is to realize the inherent potential in ourselves. More often than not, intellectual strength assumes greater significance when you are making the all-important presentation, appearing for an exam or attending an interview. However, the real hero is 'inner strength' which makes you feel the positive energy and gives you the extra edge when it comes to facing tough situations.

(2)Avoid Negative Emotions: It is human to experience all kinds of emotions. But, some emotions tend to overpower the positive energy in ourselves. When you fell ill/lost a loved one, did not perform up to the mark, were hurt by someone, it is natural to experience feelings of anger, frustration, helplessness, self-pity. We are not immune to negative emotions—we must know when to suppress their influence on our minds.

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Cultivate a hobby, read, sing, write or do whatever you feel like to relax. Motivate yourself to feel good about yourself and get on with life.

(3) Try to be Strong against Unreasonable Circumstances: It is not an easy task to undermine the power of annoying people or a hostile environment. These external agents have an uncanny ability to snuff out your confidence level and make you feel uncomfortable. However, no one/situation is larger than life itself. When you have the inner desire to motivate yourself, irrespective of unkind words/actions, you will appreciate the need to feel good about yourself and set about your tasks with increased enthusiasm and confidence.

(4) Spend More Time with Your Loved Ones: The joy of achieving something great in your career becomes even bigger when you have someone to share it with. Ultimately, what counts is the emotional satisfaction of being a part of a stable support system of family and friends. Your career goals are important. However, try not sacrificing your personal life for the sake of achieving them.

(5) Patience Pays: In this mercilessly fast-paced world, we wish to achieve too much, too soon—the faster, the better; the bigger, the better. We have become so preoccupied with achieving fame, success and wealth that we seem to be missing out on the finer and subtle aspects of life.

Everyone wants the best in terms of material and social benefits. You got a good job, you have a great lifestyle and life is absolutely cool! So far, so good. Suddenly, something goes wrong with your personal or professional life and your world is turned upside down. You feel like going nowhere—you desperately need a dose of self-motivation to lift your spirits. It is this feeling of 'emptiness within' that you need to overcome.

Don't let criticism, failure, or setbacks thwart your path to success. Try to be patient. You can't expect a rose bush to bloom overnight. Similarly, you must give yourself some time to develop your abilities and enhance your skills before you reap the benefits of your experience and knowledge.

When you discover the power of self-motivation, you will realize the sheer energy and enthusiasm it brings with it. As someone said, the nightingale doesn't sing because it has an audience; it sings because it has a song. Feel better with self-motivation and experience the richness of life.

I have worked as a sub-editor. Currently, I am pursuing MBA from S K University, India.

Motivation

By Michelle Zelig Pourau of Personal Power International

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Motivation.... What a huge topic. Where do we start? I am sure many of you have read articles on motivation. Ideally, your dreams and your goals should be your motivation - but what happens is often, our dreams seems something distant in the future and today possibly a very long way away. One great

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way of solving this and avoiding losing motivation is to set a number of smaller, realistic goals. It is like if you were to climb Mount Everest – you cannot do that in one giant step. It involves a lot of smaller steps, booking your trip, getting to Kathmandu, getting your supplies, your food, getting to the start of the climb, getting to base camp, climatizing, etc etc etc you get the picture.

To avoid motivation slumps, set smaller goals you can cross off on the way. Working with a Life Coach will help you as you have actions to accomplish every week until your goal has been achieved and you set your next one.

Some other tips to help you get motivated are:

Ølook for success stories - reading about others who have found happiness can help you get more motivated

Øfind out what you enjoy and what you are great at. Once you have discovered this - you become more motivated to continue and to grow

TIP OF THE DAY

One way to improve your motivation – try doing everything you do today 1% better. One percent is not much. What would this look like? How much more productive would you be? What would 1% better in your job mean? What would your diet be like? What would it be like if you were 1% better in your relationships? If you put in 1% more effort, listened 1% better to your spouse or your children?

My challenge for you - be 1% better for a day.

My stretch goal for you would be to be 1% better for a week. Are you willing to take on this challenge?

Feel free to email me with changes you have noticed by being 1% better

To find out about Michelle's teleclasses and either group or individual coaching, or to subscribe to "Finding Your Personal Power" please send an email to coach@personalpowerinternational.com

Michelle is an experienced Personal/Life & business coach. She has been coaching since 1992 and coaches people throughout the world. She was a past President of the International Coach federation for 16 months. Michelle is passionate about helping people find their personal power. Her favourite quote is "achieving starts with believing"



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