

The Importance Of Self Motivation

Reaching a goal is easier said than done. There are times when it gets hard to be motivated especially when you don't feel like trying. These are the times that show if you are self confident enough to stay the course. You can't pretend to be successful, you have to be motivated. So what can you do?

If you lack confidence in yourself you should figure out what your issues are and make a plan to change. You will have to be honest as you can and write down a list of things that bother you and what you can improve on. Make a plan for your spiritual side as well. This is important because it will help you withstand the troubles life brings. It takes time to change so be patient. If you start right now you will eventually change your future. The following are five tips to help you stay motivated.

To stay motivated you will need a plan. Read through books and articles if you need sources, books by people like Tony Robbins can be useful. Write down ideas that you think will help you get motivated. You may start to find more as you begin to write them down.

Break your long term goals into short term goals and each day and night write a goal for the next day. If you focus on small steps you will eventually accomplish your goal.

Use bright post-it notes to write down all the positive things that will happen if you accomplish your goals. Stick them all over your home to remind you not to give up.

Eat well, exercise regularly and get a good night's sleep. These three will keep your body at optimum shape so you can focus on the day's goals.

For each milestone make sure you have a reward. Take some time for your self. You can soak in the tub or take a nap or buy a new outfit, anything that will make you feel good about your accomplishments.

When bad days come along remember that there is always tomorrow. If your mood stays the same it might be a sign of depression. Issues such as depression can hamper your goals so make sure you check it out. When you reach your goals you will know yourself in a way you would never believed possible. Never quit no matter what because if you follow these tips and are successful you can do it all over again.

Short note about the author

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