

## Stay Motivated !!

Most successful people have failed miserably. That's right. At one time or another they have flopped, fell short, missed the mark, struck out and goofed up royally. However, the difference between these people and the rest of the world is that when they failed, they made a choice to use the experience to better themselves...to become stronger.

Are you determined to reach your goal? Do you really believe you can achieve what you set out to accomplish? With determination and belief, you too can make the same choice to turn a failed situation into a winning one. How? By choosing to adapt a positive perspective and engage in edifying self-talk. Here are four opportunities to stay motivated in the midst of failure:

### The Only Direction is UP or It Can't Get Any Worse

Feel like you've hit rock bottom? Don't beat up on yourself too badly. To experience disappointment, heartbreak, embarrassment and/or self-doubt is to be human. However, to wallow in this state for too long is downright destructive. Tell yourself that it doesn't get much worse than this point of failure and let yourself know that the only place left to go is "upward." Use the failure as motivation to start climbing back up. When you do this, you will see that instead of running from failure you will look it in the eye and overcome it.

### "I Have a Chance to Do Better Next Time"

As long as you're breathing, there's always room for improvement. Choose to use your failure as motivation to do better the next time around. When you remember your goal and envision reaching it, you will be super-charged to find ways to develop yourself. For example, if you need to do better in school, make (and follow) a consistent study schedule. If you are intent on a promotion at work, take classes to increase your skill-set. No matter what the failed task consists of, you can use it to motivate yourself to get more done.

### "Hmmm, I May Need to Change Direction"

Does it seem like you've come to a roadblock? Then the solution may just be detouring and moving toward your goal in a different way. When something does not work out as planned, you need to re-evaluate the route you are taking. So review the situation, re-group and get on a track "around" that roadblock. The track may be a different one, but it may also be a more successful one.

### "This is Not the End of the Line"

Know this: everyone fails from time to time but failure is not the end of the line unless you allow it to be. You blundered, you tried, you failed and it hurts. Allow yourself time to grieve it but then let it go so that you can get back to the business of reaching your intended goal. Your goal IS your motivation. Remind yourself that the only positive option is to seek ways to turn the situation around. Then tell yourself that in the morning, you will begin again!

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### About the Author

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