

Self-Motivation Strategies for Greater Achievement

The key to self-motivation is setting goals. Without goals, it really doesn't matter how self motivated a person tries to be. They have to know what it is that they are motivated for.

There must be a reward or benefit for it to be motivation. That is what drives us as humans. Without this factor, there will not likely be success in self-motivation.

That is the reason why it is very important to make a list of goals. This first step will get you started in the right direction to achieving self-motivation.

Now, let's talk about goals. The goals we set for ourselves sometimes tend to be way out of our reach. When we do this, we are basically setting ourselves up for failure. When this happens, it is like taking a giant step backwards in the motivation process.

A person's goals need to be both realistic and possible. For instance, if winning the lottery is your goal, you need to rethink that goal. Yes, it is possible but it is not realistic to win the lottery. It is very important to make sure that person's goals fit into both of these categories.

Another piece of advice in achieving self-motivation is to never look back on past failures. This is just not a productive thing to do. We tend to get hung up on our mistakes and then they become major obstacles on the way to our goals.

We can learn from our mistakes that we have made in the past, but be careful not to dwell on them. So, remembering that we are just human and we are not perfect can help us become more self-motivated.

Once you have figured out what motivates you personally, and you have set your goals, you're about one third of the way through the process.

The next step is to find your objectives. They are very specific objectives. They need to be measurable, for instance, by the week, day or month. When questioned about these objectives, the answer should be a yes or no answer. They are basically directives that will tell you what needs to be done and when.

Next comes the part where our human nature tries to step in and stop this self-motivation process. It is called the commitment step. This phase of the process is difficult more so for some than others.

Some people just have a real hard time committing to jobs, relationships, and personal gains. Some of this lack of commitment comes from low self-esteem or low self-confidence.

In order to be successful at self-motivation, one must be confident in them selves and know their own worth. Everyone has strengths and weaknesses. Identifying your personal weaknesses and strengths is a giant step in the right direction.

Whether you are searching for self motivation for the purpose of losing weight, exercising more, starting a new career, or putting an end to bad habits, there are many self help websites out on the internet that can help a person with these issues.

There are also online classes that can be taken to help improve some of these areas and issues. Books on self-help can be purchased at many bookstores nationwide, as well.

The resources out there are great in number and they pretty much say the same things. But the bottom line is that it is up to you and your attitude and your mindset.

If you want to be self motivated, then all it will take is searching for what motivates you. Getting a reachable goal will also help you get started on the right path to self motivation.

Source: <http://www.articlecircle.com>

About the Author

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain

lasting motivation. Apply now because it is available for a limited time only at: <http://www.secretsofmotivation.com/>