

Have You Ever Felt A Sense Of Achievement

In life there are so many negative things which we hold onto. The past can often hold us back and it seems to be so much easier to just think about the negative things that have happened to us, rather than the positive. However if we continue to live our lives thinking about things which we cannot change instead of thinking about the things that we can, we will never truly feel a sense of achievement in life.

What have you achieved?

Even though we do mainly only think about the negative incidents a lot of the time, there are things in our lives which we have achieved. It is important to recognise these achievements if we are to live a fulfilled and happy life and also so that we go on to achieve even more great things too.

Your past achievements could include:

- Finding a new job
- Completing your education
- Overcoming a personal struggle
- Getting married
- Raising children

No matter what it is, you will have some previous achievements no matter how down about yourself you feel. Make a list of your own achievements and that will make you realise just how well you have handled past situations and how strong you truly are.

Once you have written down what you have achieved, it is then time to write down what you want to achieve in the future.

What do you want to Achieve?

Thinking about what you want to achieve in the future will help you to stay focused. People who do not strive to be the best that they can be and who do not try to achieve everything that they want to achieve are simply not living a very fulfilling life.

Absolutely anything that you want can be achieved somehow. It might not be easy and very likely it will take a lot of hard work; but it can be achieved. If you want it badly enough you will find a way to make it happen.

For example, if you want a new job - you can find one. There are so many ways in which you can look for a job; and if you have not got the right skills just yet for the job that you need, you can easily get them by going to college part time. It is easier to think that you cannot achieve the skills that you need when the reality is that if you want it bad enough, you really can.

No matter what you want to achieve it can be done and that is the main thing that you need to remember. Forget about the excuses that hold you back. You deserve to achieve whatever it is that you want to achieve. Surround yourself with inspiration as well as motivation and that way you will be able to stay positive and remember what is truly important. Write your future goals down and state clearly what you need to do to achieve those goals.

Overall there really is no greater sense of pride than knowing that you have achieved something which you wanted to achieve. Recognize your past achievements and remember how good you felt when you achieved them. A fulfilled life cannot be led if there is no achievement within it.

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