

Keys to Motivation

“Making the most of your opportunities”

Motivation, in and of itself, is little more than a feeling, an urge to move ahead. It cannot bring you the success and happiness you desire. It is the keys to motivation that move you from where you are now, to where you want to be. Without each element taking its place, you will have a difficult time trying to improve your life.

But all hope is not lost! When you know the keys, you are ahead of the game. No longer will you wait for motivation to come to you, you'll go out there and get it!

DESIRE

This is the most misunderstood step in the entire process. When working with individuals and businesses to increase their motivation, the source of the problem usually comes to this: they don't really want what they are working towards.

It may sound obvious that you have to want something in order to achieve it, but it is the degree to which you desire that differentiates those who get what they want and those who are left wondering why. The first step is to honestly ask yourself how much you actually want to reach your target. In some cases, you may realize that the objective you thought you wanted was actually far from the real target.

BELIEF

The next step in the equation is belief. Do you believe in yourself and your abilities? Do you believe that you can do it? If not, then you must stop at this point for a personal Q and A. You must list why you don't think you can do it, and then work to fix those weaknesses. You must be confident in your ability to make it happen. Those who do not understand this step bang their heads against the wall in confusion at their futile attempts at success.

When you truly believe in yourself, there is little that you cannot accomplish. A confident mind finds a way around every obstacle, or it simply runs through it. Each problem becomes an opportunity, and each minute that you are awake is fertile ground for new ideas, thoughts, and angles to approach the challenge.

GOALS

This is where you get the thoughts out of your mind and turn them into a working plan of action. A goal is a concrete and manageable blueprint for success. If you do not start with a specific goal in mind, you will be starting with a great disadvantage. Simply stating and committing your goal to paper brings you one important step closer to achievement.

There is no magic in a goal. It is merely a focused view of where you want to head. It adds a bold red line on the map, and points you to the destination. But a goal is like everything else that is worthwhile in life; it only works if you do.

ATTITUDE

Throughout your trip to improvement and success, there will be ups and downs. There has to be. No road is completely smooth and free of obstacles. The way to make this work for you is to bring a positive and winning attitude with you. With the right attitude, you can be handed a failure, see it for what it is, a learning experience, and move on.

The greatest of intentions have fallen flat because of a negative attitude. However the greatest of accomplishments have been achieved because of a positive attitude. The choice is yours. The power of a positive attitude has been demonstrated again and again in our world. Choosing to be positive is choosing to be successful.

STRESS MANAGEMENT

A sub-section of attitude is managing your stress levels. Without this area in control, you will have a very difficult time maintaining a long-term positive attitude. Keeping your stress levels low is not only important for your attitude, but your health overall. High stress situations can cause serious health problems. When the right steps are taken, you can bring your stress under control, and enjoy healthier, stress-free days.

WORK

The greatest plan in the world will not bring you results unless you work. Hard work is the last and most important element of the process. If you buy a brand new pair of running shoes, tie the laces up tight, and read fifty books about the sport of running, it won't mean a thing until you get out there and run.

You have to run. You have to take what you have learned and what you have decided is your goal and then do it. Few things that are worthwhile come easy. If you are dedicated to hard work it's guaranteed that you will win in the end.

You now know what it takes to be motivated to live a life that is happy, healthy, wealthy, and wise. Good Luck.