

TIPS ON INCREASING YOUR OWN MOTIVATION

It is said that no one can motivate anyone else to do anything! All they can do is provide conditions and incentives for people to motivate themselves.

Motivation comes from within and here are ten tips that can help you increase your own motivation and achieve your goals:

1. Be willing to move outside your comfort zone - it provides a great barrier to achieving your potential
2. Don't be afraid of making mistakes - you can learn from them
3. Don't be self-limiting in the way you think - think empowering thoughts
4. Choose to be happy - happy people are easily motivated
5. Take some time in your day for self-development - read good books and articles, or listen to tapes/cd's
6. Make sure you finish any task that you start - ideally, finish one task before you start another
7. Live in the present - if you live in the past or the future you cannot make things happen in the present
8. C.S.Lewis once said 'Joy is the serious business of Heaven' - commit yourself to Joy
9. Never give up because of frustration or a setback - success could be just around the corner
10. Dare to dream - have goals and expectations

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