**Self Encouragement: Be your own motivator!**

Life is a series of ups and downs. When a person is in the life curve going up, then there are many people who are there for him/her. But the real scenario comes in the forefront when the life curve is going down. This is the time when a support is required, be it mental or emotional support. If a person is lucky enough to be surrounded by people who are excellent supporters and motivators, the down curve doesn’t seem much difficult. But what if you are not that lucky? Will you give up? The answer lies within! It is ‘Self encouragement’!!

Self encouragement is not only a virtue to follow in tough times. Many times we are seeking someone to celebrate our successes too! Why is it needed at all? Having well wishers is always a plus but if there is no one then do you not deserve a celebration of your success? Yes you do! When there is no one to compliment you, then you should compliment yourself. Celebrate your success with yourself! Encouragement does not always come from other people. It also comes from within!

Self love is the key for self encouragement. You deserve your love as much as anyone else! When we love ourselves, there is never a need to justify ourselves or other people about why we sleep late, why we take vacations, why we shop, why we indulge in eating or why we keep on spoiling ourselves every now and then! Self love is being comfortable doing things that brings beauty and adds quality to our life. If we will love ourselves, we will not rely on others for our happiness or look up to others to make us realize our worth. Loving self and realizing self worth is the pathway for self encouragement. When we believe in our capability, encouragement comes automatically.

Whenever you will take a new path in life, there will be people telling you that you are wrong. Many difficulties will arise that will convince you to believe these people who criticize you. But you have to be strong and believe in you. You are the only source of encouraging yourself at these difficult times. We have to remember that the people who seek most approvals are the ones who get the least and vice versa.

In life, everything cannot be perfect for you to take a new course of action! There will always be some challenges, few obstacles and conditions that are unfavorable for you. Despite of all these, along with encouraging yourself, take a step ahead! The moment you start taking steps, you will feel that you are growing stronger and stronger, more confident and more successful! It is always tough to take first steps and self encouragement acts as a catalyst to take these steps!