

MOTIVATION, THE HEART OF SELF IMPROVEMENT

Pain may sometimes be the reason why people change. Getting flunked grades make us realize that we need to study. Debts remind us of our inability to look for a source of income. Being humiliated gives us the 'push' to speak up and fight for ourselves to save our face from the next embarrassments. It may be a bitter experience, a friend's tragic story, a great movie, or an inspiring book that will help us get up and get just the right amount of motivation we need in order to improve ourselves.

With the countless negativities the world brings about, how do we keep motivated? Try on the tips I prepared from A to Z...

A - Achieve your dreams. Avoid negative people, things and places. Eleanor Roosevelt once said, "the future belongs to those who believe in the beauty of their dreams."

B - Believe in your self, and in what you can do.

C - Consider things on every angle and aspect. Motivation comes from determination. To be able to understand life, you should feel the sun from both sides.

D - Don't give up and don't give in. Thomas Edison failed once, twice, more than thrice before he came up with his invention and perfected the incandescent light bulb. Make motivation as your steering wheel.

E - Enjoy. Work as if you don't need money. Dance as if nobody's watching. Love as if you never cried. Learn as if you'll live forever. Motivation takes place when people are happy.

F - Family and Friends - are life's greatest 'F' treasures. Don't loose sight of them.

G - Give more than what is enough. Where does motivation and self improvement take place at work? At home? At school? When you exert extra effort in doing things.

H - Hang on to your dreams. They may dangle in there for a moment, but these little stars will be your driving force.

I - Ignore those who try to destroy you. Don't let other people to get the best of you. Stay out of toxic people - the kind of friends who hates to hear about

your success.

J - Just be yourself. The key to success is to be yourself. And the key to failure is to try to please everyone.

K - keep trying no matter how hard life may seem. When a person is motivated, eventually he sees a harsh life finally clearing out, paving the way to self improvement.

L - Learn to love your self. Now isn't that easy?

M - Make things happen. Motivation is when your dreams are put into work clothes.

N - Never lie, cheat or steal. Always play a fair game.

O - Open your eyes. People should learn the horse attitude and horse sense. They see things in 2 ways - how they want things to be, and how they should be.

P - Practice makes perfect. Practice is about motivation. It lets us learn repertoire and ways on how can we recover from our mistakes.

Q - Quitters never win. And winners never quit. So, choose your fate - are you going to be a quitter? Or a winner?

R - Ready yourself. Motivation is also about preparation. We must hear the little voice within us telling us to get started before others will get on their feet and try to push us around. Remember, it wasn't raining when Noah build the ark.

S - Stop procrastinating.

T - Take control of your life. Discipline or self control jives synonymously with motivation. Both are key factors in self improvement.

U - Understand others. If you know very well how to talk, you should also learn how to listen. Yearn to understand first, and to be understood the second.

V - Visualize it. Motivation without vision is like a boat on a dry land.

W - Want it more than anything. Dreaming means believing. And to believe is something that is rooted out from the roots of motivation and self improvement.

X - X Factor is what will make you different from the others. When you are

motivated, you tend to put on "extras" on your life like extra time for family, extra help at work, extra care for friends, and so on.

Y - You are unique. No one in this world looks, acts, or talks like you. Value your life and existence, because you're just going to spend it once.

Z - Zero in on your dreams and go for it!!!