

Personal Motivation: How it Works

Personal motivation is what gets most people up out of bed each morning and off to work. In order to develop personal motivation, you have to feel good about yourself and what you do. It is something that is inside of you and sometimes when you feel down it is hard to get motivated, particularly if you have experienced a failure. Laughter is the best medicine and when you learn to laugh at your mistakes, you are also learning the first rule of personal motivation - Don't accept failure, keep going.

Personal motivation is not something that happens overnight. It is something that you have to work at and very often you may need a bit of outside help. Listening to self-help tapes and CDs and reading material written about personal motivation may be all that is needed to get you started on the road to a successful life.

Trained professionals can work with you in your quest for personal motivation. These professionals can help you analyze what you are doing and how you want to improve. Personal motivation has to come from within. No one can give you the motivation you need to start, work on or complete a project. The motivation itself depends on the reward you receive at the end of the project. For many, this reward has to be tangible, such as money, but for others the reward can be intrinsic, in that the feeling of having completed mastery of some sort is enough.

Read or listen to motivational material. Instead of reading the daily newspaper with breakfast or coffee in the morning, try reading inspirational material instead. A well-written book that offers sound advice is more motivating than reading about the latest market declines. Listening to motivational tapes or CD's in your car for one hour everyday can actually give you the equivalent of a university degree in a few years time. Take time off. It is not a badge of honor to state, "I'm too busy to take time off." In today's fast-paced business world, it is critical to take time off for vacation and rest and relaxation. Even a long weekend away from your business can be restful. A true vacation also means completely avoiding email and voicemail. Yes, you will have hundreds of messages to deal with when you return, but you will have a renewed focus and energy to do this.

Lastly, associate with positive people. I have made it a point in the latter part of my career to distance myself from negative individuals. They drain your energy, will not support your goals and desires, and do little to motivate you. On the other hand, positive and optimistic people will uplift your spirits and help you through challenging times.

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