


MOTIVATION

How to stay motivated in
life and work





If you look at it at one point, there's nobody in the world who can motivate you into doing anything.

It's basically you alone who can motivate yourself to pursue your dreams and succeed. So, how do you motivate yourself in such a way that your only option is to succeed?

There are plenty ways to do this and you'll find that it's not that hard at all. Here are a couple ways on how you could spark some motivation to light up your life:

Rid Yourself of Negativity

The most dangerous thing that you could ever come up with would be negativity. It's too damaging, stressful, and a

complete waste of time. On the other hand, it's a lot easier to get think negatively than positive.

Being disappointed in something can stir up a lot of negative thoughts and doubts. You should never be negative because it will only steer you away from your goal.

Other than that, negative thinking can drain the life out of you and that's not just your mental health at risk but your physical health as well.

Take Care of Yourself

Most of the time it's easy to neglect the simple things that could motivate ourselves.

Personal grooming and health can easily be overlooked which is always a big no. Before you do

anything else, be sure to put your personal welfare on top of the list.

It's not being greedy or anything but rather giving yourself assurance that if anything goes wrong, you could move on any time.

Buy yourself a new suit, a nice looking tie, and a pair of good looking kicks. Investing in yourself never hurts and it retains motivation. Just don't overdo it though.

Be Happy!

The most important thing of all is not the money or your career but rather the happiness that you felt from start to finish. Enjoy yourself! That's a mandatory

approach that you should not overlook. Although pressure and stress may always accompany you, don't let it hinder happiness. It's the ultimate incentive that you could get in this life. Motivate yourself through happiness.

However you may define it, being happy is one of the most powerful motivational techniques since the existence of man. After all, if you're living your life without happiness, you're not living life at all. Be happy, feel motivate, and enjoy the beauty of what life has to offer.

Motivate d At Work

There are days that work at the office can be such a drag that by the moment you go out the office door you'd feel like you've already spent every ounce of your energy. This normally happens to anyone especially when there's a lot of deadlines to beat, your boss breathing down your neck, and a ton of paperwork. Anyway, you should not be discouraged with these things. This is quite normal so don't worry. Work is basically work, so this normally happens almost every day. However, the difference comes on how you look at things. If you look at it closer, those employees at the bottom of the pecking order normally see work as just work.



**3 Tips
For
Staying**

On the other hand, the CEO's and other higher-ups are somewhat visionaries that see a different side of things which make them the leaders of a company. Here are a couple of tips to check out and hopefully motivate yourself:

Imagine Your Accomplishment

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Think about that sweet moment when you've finished each task assigned to you. It's very delightful feeling that you have accomplished everything and all the burden and stress on your mind just disappears into thin air. Thinking of that feeling of finishing your tasks will surely enlighten your mood. No matter how boring or tough the task may be, knowing that there's some enlightenment waiting for you at the finish line makes you feel energized, determined, and motivated.

Scare Yourself A Bit

Yes, you read it right. Scaring yourself a bit need not be looking at out of this world zombie apocalypse type of scare but rather more realistic approaches like monetary concerns. Imagine yourself in a tight situation where bills pile up and your pay isn't due within the next fortnight. A little scare can be a good source of motivation. Thinking of the consequences can push people beyond their limits. You could harness this feeling even if there's no real monetary concern of any sort. It's like creating a hypothetical problem that can scare you to work better in the real world. It's purely psychological but the results are quite real and their good too.

Have That “Stuck” Feeling

Have you ever imagined yourself glued to your chair? Try this one out and imagine yourself being held down, your back glued to your chair, your feet nailed to the floor, and your only option to escape is to finish your tasks and finish them well. It's a little too much for some but there are just some people who need a little extra motivation than others.

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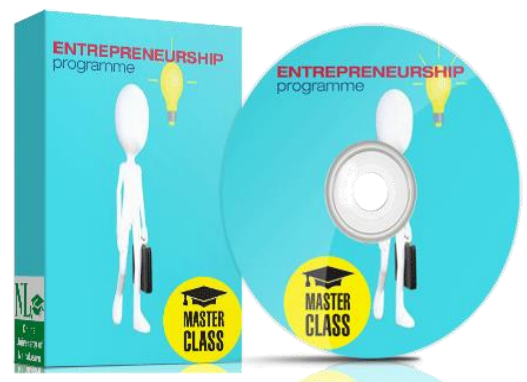
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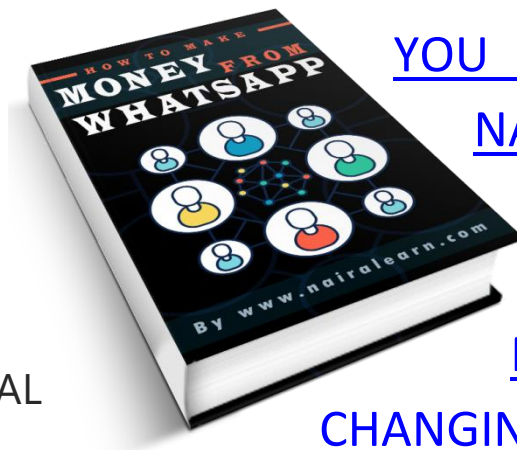
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