

## Self Esteem and Motivation

All of your life you've been questioning yourself - don't worry, that's normal. We question who we are and who we could become. We ponder our meaning and our ability to do something important with our lives. But at times, it seems like all we do is make the wrong decisions and take two steps back instead of forward. That's enough to knock down anyone's motivation. So what do you do when you want to motivate yourself for success? Build up your self esteem first. Erasing Those Doubts While you may never be able to be completely worry free, you can begin to bolster your motivation by recognizing that worries come in two forms: those you can control and those you can not. The worries you can control are the ones you should not necessarily worry about because you can do something about it. Though this might not be an easy solution, you do have a chance to change things around. When you have a worry that is solvable, take a few minutes to make up a list of ways you can take action. If you come across a worry that is unsolvable, it's time to play out a different scene in your head. By simply thinking about the worst possible outcome of the scenario, you can often find that you're worrying about something that won't actually happen. For example, if your paycheck is late, that's certainly out of your control. You can ask about its arrival, but after that, it's out of your hands. If you take this worry to the worst possible outcome in which you end up in a cardboard box on the side of the road, you can see how that's improbable. Creating Self Esteem Worry is one of the main weakening emotions of your self esteem. By learning to trust your sense of worry and your sense of what you need to do in order to stop worrying, your self esteem will grow. And the more you trust yourself because you've been reliable to yourself in the past, the more you will be able to find motivation to do things you really want to do. Make sure to point out the things you do right to your self and give yourself an invisible pat on the back. Email yourself notes to yourself that congratulate yourself on a job well done. Post letters from managers and supervisors that have complimented you on your work. Realize that people do think you are doing a good job, so you can believe it too. Realize that you are worth the efforts you make. Realize you are the one who can change your life and who will change your own life into the exact image you already have in your mind. As you continue to feel like more of a valuable person, your motivation will soar. You don't have to question all of the decisions you make or why you are making them. You can simply go confidently in the directions of your dreams - as a wise man once said.

## About the Author

Sean Rasmussen is a full time internet marketer and is the accredited author of the Mindset Mastery eBook. He is a graduate of 21st Century Academy. His real passions are topics of motivation, lifestyle, self improvement and success. Locate Sean's personal blog at <http://www.seanrasmussen.com>

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