

Benefit of Positive Motivation - More Tips

I don't know a thing about you but I am pretty sure that if you are reading this then you are at least a LITTLE interested in learning more about motivation? Would you like to find out more of the details behind making yourself a more effective person? It has been stated in other places that motivation is the rocket fuel that pushes a person to fulfill their dreams, goals and needs. To create a fulfilling life the benefit of positive motivation should be acquired as soon as humanly possible. **Determine and Write Down Your Goals** Setting goals is one of the initial actions to take to finding out the benefit of positive motivation in your life. First, take a look at your life now. Are there parts of your life that you feel could be better? How would you change that? For example, if you sleep-in when you could be getting work done, a goal may be to wake up at a set time that would allow you to get more work done. Try not to make a pie-in-the-sky goal such as "getting a novel published." Make a more attainable goal such as "finish the first chapter of my novel." Setting specific, attainable goals keeps your motivation high and makes you less likely to fail. Failure is the biggest killer of motivation. **Do Something Nice For Yourself As A Reward** In the course of attaining your goal sometimes helps to bribe yourself. For example, if you do get up earlier for two whole days, or finish that novel chapter, or spend more time with your kids, then let yourself have that candy bar. The treat can be anything as long as it boosts your motivation to reach a goal. **Next Steps** For those that have set their sights high it becomes immediately obvious that to get to that next plateau you have to take it to the next level. In fact as you continuously self motivate yourself by having an increasing amount of goals that you have already accomplished as residual motivation it becomes time to set a new, bigger and better goal and discover for yourself bigger and better goals to motivate you. But isn't that what growth is all about? If you have a big enough WHY then you will find few things that you can't accomplish as you keep in mind the benefit of positive motivation.

About the Author

James Redder makes it easy to understand motivation, quickly & easily. Learn the essential keys to motivation theory. To receive more information GOTO <http://www.selfmotivationresources.com>.

Source: <http://americanahost.com>