

## How To Find Self Image Motivation

Life is certainly full of ups and downs. How you handle the low points defines your character. It is always easier to take the defeatist attitude and just give up on your goals and aspirations. Or you can keep yourself motivated and in a positive frame of mind. People who are successful are able to see themselves through difficult times by keeping a positive attitude and by taking any difficulty that comes their way as a learning experience. They also always keep a strong self image of themselves, no matter how hard life gets. According to experts, a strong self image motivation can help a person see beyond his or her troubles. To establish a strong self motivation image, one should identify his or her motivation triggers. Motivation triggers are activities that one can do to stimulate interest in something. According to studies, some of the most popular self image motivation triggers are: \* Setting specific goals \* Setting priorities \* Getting and staying healthy \* Exercising The last two triggers are very important because without a healthy body and mind you will not have the vitality to carry out your goals. Living a healthy life keeps you full of energy, which in turn will keep you motivated. Many self image motivation teachers believe that setting of priorities is the first step towards achieving something. It cannot be denied that we all have a long wish list and if we do not know how to set our priorities or values, we will not really be able to work well towards turning our dreams into reality. Setting of priorities can help us to focus our attention on something that we want to accomplish within a given period of time. Once we know what we are up against, we find it easier to control our time and our resources. That feeling of power over the things that we want to achieve can enhance our self image and will help us work more efficiently and effectively. By setting goals you are giving yourself something to pull you through a bad day, or a disaster. Always remember that if you have something to look forward to it makes the difficult times a little easier. If you still are having problems self motivating yourself then you should tell other people about your goals and priorities so you are held accountable. You might be surprised at how motivated you will be just because you don't want someone else to see you fail. This is always a great way to motivate others as well. For example most body builders lift weights with other body builders, not alone, because they keep each other motivated to train as hard as they can. Remember that no matter how hard life gets, tough times always pass and everything happens for a reason. Learn from your mistakes, but never take your focus off of your goals and priorities. This focus will give you the self image motivation you need to succeed.

## About the Author

Brue M. Baker, is an expert on natural health and fitness who has helped people from across the world sky-rocket their health and well-being. To find the best free natural health information anywhere on the web visit: <http://www.DietHealthAndFitness.com>

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