

Effective Ways To Stay Motivated

Some people don't give these situations a second thought and just wallow in misery. But what is important to think about is - was the situation so terrible that you just had to leave your job? Was this the only last chance you would ever have to prove your talent? If the answer is no, then it is high time you get your life back on track and motivate yourself to achieve more. **Brace Yourself for the Hard Times** It is very natural to have times when everything is perfect and is working well, especially in your job. But then, not every day is the same - and there can (and will) be days when something will get you down and you will feel that achieving success is very difficult. It is in these situations that you will need motivation the most. Motivation is something that should come from within. You might get inspiration from the achievements of others, but if you want to gain something, then you will have to be determined and go for it. Achieving goals that you desire cannot be accomplished easily. You will have to work for it, to make it happen. **Self-Confidence a Must** Confidence is very important for motivating yourself. If you do not have confidence in yourself and your talent, then no one can help you. You must have faith in your abilities and the capacity to drive away the fear of failure. Being straightforward and clear in your actions helps; conversely, if you have goals that are undefined and fuzzy, then you will not be able to focus. The best advice is to know what you want to achieve. If you feel as if you are stagnating at work, then you should ask your supervisor to set measurable and defined tasks for you. If he or she is not forthcoming, you shouldn't hesitate in taking the initiative and help yourself. It's a proven fact that self-motivated people perform better. **Be proactive** - try to be on top of everything at work according to your skills and abilities. It is essential to identify your weak points and work towards improving them. To do this, you can take classes that will help you improve your performance level and increase your market value. If you are able to get few certifications, it will help you gain confidence. Negative criticism should be turned into positive, so that you become a source of inspiration for others. Success depends a lot on your thinking, positive or negative. If you brood over past mistakes and failures, you will definitely not be able to convert frustration into a positive driving force. You should be ready to take on new challenges and even if your current job is not motivating you, you can try out new options. Who knows - you might get a better position, one that fulfills your desire.

About the Author

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