



## *“Turning Possibilities into Realities”*

2010 “TOGETHER, READY FOR THE FUTURE”...

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# Secrets of Self-Motivation

## *The Power Within*



**“If you dream it, you can do it”**  
*Walt Disney*

## **Motivation Building Measures**

### How To Do Anything Right

# Zig Ziglar's - Secrets of Self-Motivation How to Release the Awesome - Power Within You

Nearly 75% of world-class leaders studied were raised in poverty, had been abused as children or had some serious physical disability.

How did these people overcome these problems and get to the top? And how did they stay there?

The key is motivation. Motivation gives you the *want* to and provides the spark. It enables you to utilize your training and experience while finding the strength, character and commitment to keep you going **when the going gets tough**.

## MOTIVATION STRATEGIES

● **Self-talk.** You *must* be in your own corner. To start, take a 3" x 5" card and write such positive affirmations as, ***I am an honest, intelligent, responsible, organised, goal-setting, committed individual whose priorities are firmly in place.***

On another card, write, ***I am a focused, disciplined, enthusiastic, positive-thinking, decisive extra-miler who is a competent, energised, self-starting team player determined to develop and use all of these leadership qualities in my personal, family and business life. These are the qualities of the winner I was born to be.***

Read these positive affirmations to yourself several times a day.

● **Goal-setting.** Be specific. Create a Wild Idea Sheet of everything you want to be, do or have.

Wait a day or two and then write the reason why you want to reach each goal. Ask yourself if each goal will make you happier or healthier, improve family relations, make you more secure or give you hope. Most important, will reaching each goal contribute to a balanced, successful life? Divide remaining goals into short-range (one month or less)...intermediate (one month to one year)...and long-range (one year or more).

● **Positive thinking/positive training.** When I was on the seventh-grade boxing team, I stepped into the ring with a much smaller opponent. I was a confident, excited positive thinker.

All of those things disappeared in the flash of an eye - or maybe a fist. My opponent might have been smaller, but he had been on the boxing team since he was in fifth grade and understood the defensive aspects of boxing. He also knew that a straight punch was the shortest distance to my nose. Luckily, a compassionate coach took me aside and gave me some good instruction - fast.

**Lesson:** In addition to having a positive attitude and enthusiasm for what you're doing, you need to learn the skills of your trade. Education and training are essential. **Enthusiasm by itself is like running fast in the dark.**

● **Professional counselling.** If you broke your leg, you would not hesitate to seek professional medical help. But there are still many people who believe we should be able to take care of our emotions or our mind-sets and heal ourselves.

You get information out of books, magazines and newspapers. You get knowledge out of encyclopaedias and educational institutions. Yet until you add **the spiritual dimension**, you're going to miss the insights, wisdom and common sense that are critical to any healing process.

Get counselling from a person who has *wisdom* as well as knowledge. Someone with knowledge has only command of the facts. But someone with wisdom has good judgement and insights into what you're facing.

Go right to the top - the best person you can identify - to get the help that you need to solve your problems.

● **Control your environment. You might not be able to change the world, but you can change your world.** A sound exercise program and sensible eating habits are as feeding your mind good, clean, powerful positive inputs.

Even the kind of music you listen to will affect your feelings and energy level. Soothing melodies are best when you need to relax and wind down. Positive messages in songs are useful when you need to **get up** in the morning and **get started** for the day.

● **Use words that paint the right picture.** The sales manager who says to the salesperson going out to make a call, ***This is our number-one client...be careful...don't foul up the deal, paints the wrong picture*** and shakes the salesperson's confidence. Such comments do more harm than good.

**The right picture:** ***This is our number-one client. That's the reason I'm sending you out to make the call. I know you will handle it professionally and effectively.***

Use a note pad. When you catch yourself saying something that paints a negative picture, write down what you just said and then later rephrase it to paint a positive picture.

**Sample:** Don't say, ***I hope I don't forget my keys.*** It's far better to say, ***I'm, going to remember that I placed my keys in my top drawer.***

The most influential person you talk to all day long is **You**, and what you tell yourself has a direct bearing on your performance.

● **Last deposit.** Leave every counter on a positive note. If one person gives you a negative feeling, change your mood by going to an upbeat friend or acquaintance to get a quick fix. When you need to ask your spouse to run an errand or do a favour for you, save ***I love you*** for last.



**BOTTOM LINE**

**Buzzle.com**

*Intelligent Life on the Web*

*Famous Life Quotes for Self-Motivation*

## Real Success

If you want to succeed in life, if you want to meet your life goals and if you want to live your life to its fullness, you need to learn the art of **self-motivation**. Without being a self-motivated individual, you'll spend your life in **mediocrity** and end up being nowhere. It is the most essential factor that decides whether you'll excel in life or not. It is, certainly, even more important than **self-confidence**.

But the question is how to become self-motivated? How to keep your spirits high no matter how bad or tough situation is? One very effective way to do so is to keep something always handy with you as a motivational tool. What's that motivational tool that you can always keep handy?

You may have friends who help you motivate in discouraging times but you can't rely on them always. They can't be always there with you. And by the way, here we are talking about **self-motivation** which **means having the ability to motivate oneself without relying on outside sources**.

*And Buzzle.com provides us with 350 quotes as tools in this direction.*

## Reflection



**34** years ago we place our destiny in our own hands, in a manner chosen by the majority of the people.

**A**nd now we are about to celebrate the full sovereignty of our Country, let us remember that getting to where we are, is a result of the sacrifices from all walks of life.

**Y**es our Nation is the sum of total individuals, families and communities as well as ethnic and racial groups with different interests, perceptions and viewpoints and yes political differences are unavoidable. But what keeps a Nation at peace and on the path to prosperity is the ability to manage this **diversity**, without compromising the **core values and principles** that reminds us what we are as a People.

**F**or a Nation that succeeds in achieving **unity in diversity** has a greater chance of succeeding than the one that polarises people on political, religious, ethnic or any other lines. And while we must recognise that **“every man has the right to decide his own destiny,”** we must also take cognisance of the road we have travelled in being better able to address all future uncertainties Together.

**A**nd there is no better way to start than to motivate ourselves, to do the so called “impossible” for **“imagination is the highest kite one can fly”**.

**W**e hope that the above has been useful and we wish you all, a joyous Independence Day, full of love and happiness.