

5 Simple Rules of Motivation

By Jennifer Rush

You can drag yourself up the same way you can drag yourself down. It is a choice you have to make every, single day. Whenever you are faced with a conflict of choices, bring with you these tiny nuggets of wisdom on motivation.



1. Never mind that you're not this or that

It all begins with little excuses like 'I don't feel good', 'I am not that smart', 'I don't have enough faith in myself'. Then you start believing in these things like they are written in stone, then these negative beliefs become a part of who you are.

Don't give a second's worth of recognition to such negative self-talk. Whenever you hear that part of your brain tell you things that can pull you down, shut it out and listen to that less powerful, but oftentimes ignored voice that says "**Yes I can!**"

Muster up a little faith - in yourself, in what you can do, and the things you believe in. It doesn't matter if you fail; everyone goes through that hurtful process. What matters is that every time you do, you bounce back, rebuild yourself, and give the world a better you.

Guess what? Each failure you get back up from results in new abilities for you!

2. Be very careful when choosing your side

You can talk yourself into doing the task or not doing it. This means you can either be a part of the success that one part of your head says you can be, or take part in the downfall the other side tries to go to.

Always take that side of your brain that believes in you, that cares about your well-being, and pushes you to be the person you are trying to be.

Try to win the debate with yourself every time. Remember that sometimes, the act of doing something is not really difficult. It's the few minutes of mental chatter leading up to doing the act.

3. Hold on to that something that matters to you

There is nothing more meaningful in life than that something that we dearly hold on to. Some people call it their passion, others call it their cause. What do you call yours?

Cause, passion, or whatever it is that propels your inner drive to accomplish something is a very powerful source of motivation. It never runs dry. It flows so long as you hold on to that thing you care about. Sometimes, it is what makes people do the impossible in the face of difficulties. And it is that thing that gives them the courage to face and get through the biggest difficulties life throws at them.

4. Dream Big!

Big dreams inspire. They make people work harder, with even more passion.

What would happen to people if they have nothing to shoot for? Nothing!

If there are no Olympic medals and several hundred Olympians to compete against, the champions will never exist. If no higher mountains existed, there will be no mountaineers and hikers who struggle everyday to reach the peak.

If you don't dream big, you stay forever in that nook of the world where everything is mediocre, where sense of achievement is an abstract concept, and where success is all but non-existent.

5. Compete with yourself

Competing with others is good, but oftentimes it is sure-fire way to de-motivate yourself because you will start to compare yourself with others each and every time. *Run your own, personal race.*

How many times have you heard the saying, 'you are your worst enemy'? It's true. Remember, the saying, "If you believe it, you can achieve it!"

Believe in something.

Believe in yourself.

Move forward one step at a time.

Then, when you feel down, stop and think about where you were last year at this time. Wow! You made a lot of progress.

Keep it up. Every success comes because someone took the baby steps that added up to reach the goal.