

Positive Self-Motivation

"Self-motivation is the force that keeps pushing us to go on – it's our internal drive to achieve, produce, develop, and keep moving forward. When you think you're ready to quit something, or you just don't know how to start, your self-motivation is what pushes you to go on." – Mind Tools

Antonyms – Fear, compulsion, inhibition.

Synonyms – Desire for change, excitement, urge

Self-Talk of the Loser: "I must do it, I can't"

Self-Talk of the Winner: "I want to do it, I can"

Self-motivational video: <https://youtu.be/7sxpKhIbr0E>

For more positive Self-Motivation take action today:

1. Replace the words "I cannot" with "I can" in your daily self-talk.
2. Replace "try" with "will" in your daily self-talk. "Try" is a built-in excuse for a possible failure.
3. Direct all your attention and energy on reaching your current goals.
4. List the five most important current needs or desires as well as the rewards you'll receive in attaining them.
5. Find and visit somebody that is doing - and is good in it - what you would like to do and talk about it.
6. Develop the habit of stating "I shall – I can" for each single goal you've set.
7. Visualize how the performance or achievement will look and feel when reached.
8. Don't listen to your fears and don't worry about them.
9. When others share their problems with you react with solution orientated answers. It depends of cause on the type of problem and whether an answer offering a solution is really required. Sometimes it is better to just be a friend rather than a counselor.
10. Focus all your energy and intensity on the task at hand. Don't get distracted.

Listen to how this 4-year old is practicing positive self-motivation. Listen to the voice recording.