

Making Personal Motivation Work for You!

By Paul J. Meyer

Doesn't it seem that some people attract success, wealth, and recognition with little effort, while others reach those goals with the greatest difficulty – or not at all? Consider this: the power, capacity, and developed skill to achieve outstanding success actually comes from within these individuals. Personal motivation, the ability to motivate yourself to accomplishment, starts and ends within you. Learn to make personal motivation work for YOU!

Personal Motivation is the Key to Accomplishment

The following principles help define personal motivation.

- It is the power that raises you to any level you seek.
- Opportunities are everywhere for those who use personal motivation.
- What we get out of life depends on how well we match what we want with the level of self-motivation that is required

Personal motivation is based on the scientific principle that each of us is the end result of what we think. It turns our goals into tangible realities. Since all growth and progress come from within, there is practically no limit to what a personally motivated person can accomplish.

We create our environment – mental, emotional, and physical – by the attitudes we develop. There are five necessary steps for achieving permanent, sustained success. All successful people exemplify these traits and processes.

#1 — Crystallize Your Thinking

Determine what specific goals you want to achieve: short range, long range, tangible and intangible. Writing crystallizes thought, and thought motivates action. When your goals are clear and vivid, they act as a magnet that draws you to them. Goal setting is the most important positive action of your life.

When you set specific goals, you are forming your own personal plan of action that will put theory into practice, turn knowledge into know-how, and thought into action. Personalizing your plan of action enables you to sense the limitless power of your own talents, abilities, and capacity to change.

#2 — Develop Your Plan

Develop a working plan for achieving your goal and a deadline for its attainment. Your plan must include the following: obstacles that lie between where you are now and where you want to go, as well as how you intend to overcome them. **Your plan must also include a specific schedule of time organization and a detailed outline of the progress you intend to make.** Remember, the common denominator for all success is work. The commitment to work hard produces greater peace and satisfaction than indolence ever will. Nothing worthwhile is ever created by accident.

Paul J. Meyer may be a *New York Times* best-selling author, but it is his success as an entrepreneur that has made him a millionaire many times over. To learn more about using personal motivation to reach your goals, order Paul's very practical book, *Personal Motivation – How to Make the World's Strongest Motivator Work for You!* today, available at www.pauljmeyer.com or Amazon.com.

#3 — Create Sincere Desire

Create within yourself a sincere desire for the things you want in life. **A burning desire is unquestionably the greatest motivator of every human action.** As you visualize exactly what you want in each area of your life, desire will add the necessary power and strength to your purpose.

Another key ingredient is enthusiasm. It is the producer of confidence that cries out, "I've got what it takes," without you ever uttering a word. Your enthusiasm triggers other people's emotions so they instinctively help and support you.

#4 — Develop Supreme Confidence

Develop supreme confidence in yourself and your abilities. Confidence helps you deal honestly with your shortcomings and compels you to make needed corrections. Confidence comes from experience, and experience in turn comes from know-how. **No matter what you undertake, you will never accomplish it until you believe you can.**

Remember to evaluate your strengths and your weaknesses, your assets and liabilities. Pinpoint the talents and skills you now possess and how you intend to improve them. Confidence reinforces ability, doubles energy, expands mental faculties, and increases your personal power.

Successful people never give mental recognition to the possibility of failure.

#5 — Choose Dogged Determination

Dogged determination is a choice, so choose to follow through on your plan regardless of circumstances, obstacles, criticism, or what other people say, think, or do. It matters little what the past has been except for the lessons we have learned from it. Our prime concern should be the necessary changes we must make to create a happy and successful future.

Change brings with it a compelling motivation to create something new, to reach for a shining star, no matter how elusive it may be. In addition to a willingness to change, develop an "I will not be denied" philosophy. Determination will not eliminate all of your problems, but it will give you an attitude of perseverance and stick-to-itiveness that will serve you well.

When you are success-minded, you develop a success consciousness and awareness. In other words, you live your life with *positive expectancy*. Successful people make just as many mistakes as anyone else. The only difference is that they learn from their mistakes rather than give up.

Focus on one day at a time and strive to reach your highest goal. Then tomorrow, repeat what you did today for success!

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