

# SELF-MOTIVATION

## HOW TO GET YOURSELF GOING!

### Practice Input of Positive Thought

Read good books, listen to successful people and practice absorbing their positive thoughts.

### Keep Your Goals in Focus & Pursue Them

Nothing motivates like success. Achieving smaller goals encourages you to reach for higher ones.

### Always Know What You Are Going to do Next

Schedule something you want to do, and do it first thing every morning. It will get you motivated for the day.

### Associate with Positive People

The strength you draw from enthusiastic, imaginative, and active people will build you up. You will catch their "positivity."

### Develop a Positive Mental Attitude

Cultivate the habit of looking for the positive in every person, every event, and in yourself. The quality of your life is a direct reflection of the quality of questions you ask yourself.

### Put Real Life into Your Life!

Look for real satisfaction. Take pride in being a problem-solver. Be a "do-er", not a worrier. Be more self-reliant. Bring out the best in others.

**THE EASIEST PERSON  
FOR YOU TO MOTIVATE  
IS THE ONE WHO LOOKS  
BACK AT YOU EVERY  
DAY IN THE MIRROR**



