

MAKE THINGS HAPPEN

Whenever we hear or see the gloomy things around, we are really broken down mentally and lose interest in doing things which we should do. And after sometime again we try to do but how far we can complete it all depends upon our determination.

Do you sometimes wonder how to stay motivated?

Do you feel that you need motivation?

Do you wish you could stay motivated despite obstacles and delays?

Often, after the initial enthusiasm and motivation, there is a drop down of the desire and interest. What can you do to stay motivated and not lose the zest, enthusiasm and energy?

The motivation to act, do things, study, pursue a goal or attain success in any area of life, often, emerges through outside triggers. The desire and the motivation might arise after watching an inspiring movie, reading a book, or talking with someone who has achieved success.



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However, unless the desire and ambition are very strong, the motivation that arises is often short lived.

Ask yourself, how many times have you felt elated, energetic, and motivated to achieve a certain desire or ambition, after watching a movie or reading a book? Did this mood stay with you and pushed you forward, until you achieved that goal?

What happened to the desire and the motivation half an hour later, a day later, or a week later? In most cases, it evaporated. Why? Either because the desire was not strong enough, you lacked enough inner strength and persistence, or your day-to-day life made you forget it.



A single, one-time motivational trigger is usually not enough. Certain events or situations might arouse motivation and ambition, but sometime later, everything returns to normal, and you forget about them.

Every achievement and every attainment requires a constant flow of motivation. It's true that when you follow a certain activity for some time, it often turns into a habit, and you can go on and on with it, as if on auto-pilot. Yet, knowing how to stay motivated would make the journey to achievement easier, faster and more enjoyable.

Everything worthwhile requires time, work and effort. You need your motivation alive and drive for days, weeks, months or even more, depending on your goal. So don't wait for someone to come and motivate. Self-help is the best help. Get motivated and get going and you will reach your destiny.

Make your day joyful



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