

Career Headlines



The Invisible Force within You That Drives Success

Successful people get started! They don't wait for people or outside events to push them. A force within drives them. It's called "self-motivation."

Think of self-motivation as word-of-mouth advertising about you. Here are some of the advertisements people in your workplace will pass on when you are internally motivated:

- "Where does he get his energy?"
- "She's thinking way ahead of me!"
- "Don't try to steal him away. We need him!"
- "She's one of my best workers."



The more challenges you pursue and accomplish successfully by being self-motivated, the more compliments you will receive. You'll feel good about yourself, and feeling good will motivate you to try harder or do more.

You empower yourself when you're motivated. You believe in you. You're not afraid of failure.

How do you motivate yourself?

Becoming self-motivated takes a willingness to try. An attitude to try is powerful!

- *Start simple.* Keep things around you that motivate you to try—perhaps a picture of someone you care about.
- *Keep good company.* Stay around motivated and positive people.
- *Keep learning.* Take in everything you can. The more you learn, the more confidence you'll have.
- *See the good in the bad.* Find ways to work around obstacles.
- *Know yourself.* Find your patterns. When are you most motivated during a day? Do the hard things then.

Action: What do you think this phrase means? "If you want to get something done, ask a busy person."

To check out your own motivation level, try this website: http://www.mindtools.com/pages/article/newLDR_57.htm

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