



STAY MOTIVATED

Marian Baltazar
Class of 1980, University of the Philippines College of Manila
AB Political Science

It is not new to us or hardly a secret that the key to successfully accomplishing your goals is to stay motivated. There are so many moods that we experience daily and more often than not it affects our outlook in life. When we start being pessimistic, hopeless, depressed, feeling restless, and even wary in everything that is happening around us, our spirits are down. We cease to work and we develop a negative attitude. We lose enthusiasm and stop being a diligent person. Now, we get distracted and stop being productive. How can we then accomplish anything in our life and thread the road to success? Not knowing what you like is not being healthy, for after awhile an individual will start experiencing ennui. There should be a reason for all these things happening and there is a solution to this matter.

Let us not lose that trust in ourselves, and this is the reason why we have to stay motivated. More time should be spent for us to learn this craft so that our quality of life will change dramatically. This is very true for we should be in full charge on how motivated our feelings are in any given situation. In doing so, we perk up our spirits and add zest to our life. Discover the facts of staying motivated by starting to be optimistic in life. Fire up your motivation engine and have the assured feeling that you are the one in charge of your life. Find out the good reasons behind any course of action that you take, no matter how simple it is or how tedious the work that needs to be done. This will help you bring back your motivation and will help you finish those tasks. Staying motivated is having that desire to make things happen. You have to know what you want and really long to do. In that way, you will feel compelled to move ahead and get it. Hence, you will begin to see that more things are done in a facile manner. You will have order where there used to have chaos. Acknowledging all these arduous tasks completed will make you feel good. So you can enjoy that feeling of satisfaction in accomplishing something at the end of the day.

Stay motivated in facing all the challenges of life and even when you confront all these pessimistic people who makes you more determined to do things your way. Have enthusiasm to start new projects and stay motivated over time. In no time at all you will renew your complete confidence in your ability to succeed. These drive and enthusiasm positively affecting those people around you will spread like cancer. This will inevitably pave the way to develop more your leadership skills. Eventually, people will turn to you for leadership and seek your guidance. Consequently, you earn respect from your colleagues and all the people around you because now they seek your valuable advice for salient matters. You should also have the habit of eliminating problems while they are still small. Stop having regrets and deadline frenzy will be a thing of the past.

Beat procrastination and start achieving again. Be a more responsible person by having your work done efficiently. Feel the excitement and passion when you are giving your 100% effort in anything you lay your hands on. With all these things, it will put you back in control. Feel that tremendous and fantastic feeling about yourself. Stay motivated, have that self-esteem and accomplish much more in your life....achieve greater success and live a full life.

Questions for discussion:

- 1.How can we stay motivated even when we experience the pressures of life?
- 2.Give a very good reason why a person should stay motivated even when faced with negative people.
- 3.Can staying motivated put out the best in you and be a panacea to lost souls who are derailed?
- 4.Given an imbroglio, do you believe staying motivated can prove to be a great help and change the attitude of a person?
- 5.Which will make you feel better, just brood over your problem until you get over it or try to garner your self-esteem and stay motivated? Explain further.