



MOTIVATION – RETRAINING YOUR BRAIN

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Do you start the day by dragging yourself out of bed just to struggle for another tiring week? Do you also feel frustrated and unappreciated in life? Is the excitement about your work now deteriorating? It...’s about time to regenerate and retrain your brain. Train your brain on how to be more productive and successful. It all starts with your inner self, subconscious mind and other self.....whatever you want to call it.

Motivation is an essential life skill. It is crucial in our daily life and this is the sole reason why one must discover how to be motivated and stay motivated. It is the need or desire that causes a person to act; a motive for taking action; a reason to act. Motivation is a critical factor in accomplishing one’s goal and without motivation, no goal can be accomplished. Therefore, you should determine the goal and know your desire on why you want that goal. Motivation is also defined as something that inspires us. Then, the more it gives us reasons and motives within ourselves, for us to pursue that certain goal. This reminds me of what Anthony Robbins said, that “Giant goals produce Giant Motivation.” It is precisely why a person should know with clarity what he really wants to do in life. Most important of all, an individual should personally know the motive or reason as to why you are determined to attain that goal.

Moreover, a person also needs to develop passion (the desire and the longing) in what he really likes to do and this may be possible when we unleash that unstoppable momentum geared towards attaining one’s dream. Passion is a combination of loves and hates. A person has to find reasons as to why you love to attain your goal and why you hate not having it. If you feel passionate about something then motivation follows. Try to understand what motivates you and enjoy greater success. Start having the feeling that you are in charge of your life. Then you will be compelled to move ahead and achieve what you want.

Retrain your brain and regain your composure. Feel great about your life. Make a reality check and inculcate in your mind that you are the only one who can keep your motivation going. Renew that self-confidence, stay focused, genuinely trust in yourself and be fully motivated to succeed. Stop procrastination, take control of your life and discover a better way on how to make the most of the opportunities ahead of you. Take charge of how motivated you feel in any given moment. Earn the respect of your constituents by being a dependable, reliable and responsible person that you truly are. The key to proper motivation is setting your goals, to have a realistic and concrete plan. Every victory, success or acknowledgement comes through realistic goal setting – this puts us into proper perspective. Now is the perfect time to improve every aspect of your life by becoming a master of self-motivation. Achieve and live your dreams and aspirations. After all, you can make things happen!

Questions for discussion:

- 1.What does retraining your brain mean?
- 2.Can you be passionate over something that doesn’t interest you? Why and why not?
- 3.How do you motivate yourself and be enthusiastic in what you really like to do most?
- 4.What keeps you motivated in life?
- 5.What do you do to unleash that passion to attain your dream or what you want in life?