



Klassifieds

SUBSCRIBE NOW!

digital edition



http://subscription.nstp.com.my

1300 22 6787

www.1k.com.my | 1300 808 123 (Local) +603 2299 6000 (International)

How to stay MOTIVATED AND ENTHUSIASTIC

By Dr Vizayer Raj

How many times have you intended to do something different, study a certain topic or start a certain project, but couldn't, due to lack of motivation? At times, you might have started a new project, but only for a little while, and then stopped because you lost enthusiasm or did not have enough motivation? This can happen when practising a self-improvement programme, studying a new subject, dieting, exercising, or doing anything else.



"Enthusiasm is the electricity of life. How do you get it? You act enthusiastic until you make it a habit." - Gordon Parks

Though you understand the importance of what you are doing, yet you let laziness set in, due to lack of motivation, enthusiasm, and willpower. This makes you feel like what you are doing is some kind of a burden.

Often, people start practising concentration exercises, meditation, self-discipline exercises, or any programme relating to self-improvement or spiritual growth, but if they don't experience immediate or significant results, they stop and give up.

Everything in life requires work, effort and time, and self-improvement or spiritual growth methods are no different.

- What to do when interest or enthusiasm wanes?
- How to persevere when there isn't enough willpower and self-discipline?

The programme or goal might seem worthwhile, but there isn't enough inner strength to pursue them. Self-defeating habits, negative thoughts, and lack of inner strength stand in one's way.

This is why people buy books, attend classes, courses, and workshops, and yet find they are not making enough progress. This is why enthusiasm

and hope are replaced with depression, self-pity and lack of self-esteem.

Often, after reading a book or an article, after listening to a lecture or watching a movie, there is a burst of enthusiasm and a high level of energy, but this often does not last long.

What can you do to stay motivated and enthusiastic?

Short spurts of enthusiasm or motivation are not enough to accomplish anything of value. You need to keep your desire and inner flame alive and focused on your goal. So what can you do about it?



Here are some motivating and inspiring affirmations for every day and for every purpose, with all the guidance you need to make them work. You will learn how to use them effectively to improve your life and get what you want.

TIPS

1. Devote at least 30 minutes a day to reading and thinking about the benefits of what you want to do or accomplish.
2. Every day, read about people who achieved success by being tenacious and persistent.
3. Every day, find a quiet place, and for several minutes visualise yourself acting with enthusiasm and motivation.
4. Every success requires dedication, time, perseverance and tenacity. This means that you should not give up quickly.
5. There is a well-known story about a gold prospector, who, after digging to some depth did not find anything, gave up and went away. Then someone else came, and after digging just a few inches more, struck gold. You need to be patient and persistent, even if you see no progress, because success might be just a few

inches away.

6. Keep repeating affirmations that empower you and inflame your enthusiasm and motivation.

7. Never regard what you are doing as drudgery. With a little positive thinking and few changes you can turn it into a pleasurable activity.

8. Once you decide something, go on with it, even after you lose enthusiasm and desire. Don't give up, even if what you are doing seems to be like a burden. Don't give up, even if you feel bored.

Keep thinking about the benefits of what you are doing, and visualize how it will be like after accomplishing what you have set out to do.

Remember, life, and you are Why succumb negative thinking? be easy, and there obstacles on the

Keep thinking happy you would achieving success. Visualise your life would change if you laziness and negative thoughts. Just keep your mind on the goal, no matter what.

Don't rely on spurts of enthusiasm to carry you to your destination. You need to stand up, not give up, and awaken the dormant powers that are within you.

Never give up, but keep going on, even if the going is tough and you want to quit. If you keep going, and use affirmation, soon your desire and enthusiasm will grow, and the progress will become easier.



Dr Vizayer Raj holds several positions in the corporate sector. He has lectured in Business Administration in a number of universities here and abroad, before moving on to manage his own business in education. Currently, he is the Director of Programmes in Asian Management Development Academy. He can be reached at vizayer@gmail.com or 016-2093156

INSIDE : SEARCH AND BOOK

Find now!

AUTO

Cars Trucks Bikes Batteries Mechanics

NOTICES

Financial Tenders General Notices

GENERAL

Services Loans Health Renovations

PROPERTY

Land Shiplots Apartments Room Rental

APPOINTMENTS

Full/Part-time Training Graduate Scheme

GOVERNMENT

Jobs Tenders Legal

LEGAL/AUCTION

Property Vehicle Legal