



Ahead & Beyond

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In this issue – 6 Tips for self-motivation;

Fun time

This newsletter is an attempt at giving you tools of self-improvement which would help you move Ahead in life Beyond your constraining beliefs or blocks, phobias etc. Please feel free to share it within your circle of contacts.

Motivation and desire are the driving forces to our achievements & rewards. They are nice to have when you need them. But what can you do when you need them and they're in short supply? **You can generate your own enthusiasm.** You don't have to wait to be inspired. Inspiration is in your hands. *Like any other skill, you can learn to be motivated and full of desire on demand.*

Learn to motivate yourself & accomplish your challenges using the tips below:

1. **Keep your TRUE purpose in mind.** If you require motivation to do something, there must be a reason for doing it. Find out the real purpose of your goal & keep that purpose always in front of your mind. Are you dieting to fit into a special dress for your cousin's marriage? Are you learning to sing to be able to perform in a family gathering around a bon-fire?
 - Remind yourself daily of your "why."
2. **Set appropriate goals.** Goals that are too small & easily achievable aren't motivating. Goals that are too big & difficult are overwhelming. **The perfect goal will excite you without overwhelming you.** Goals are an excellent motivation tool. If your goals aren't exciting, you have some work to do.
 - Remind yourself of your goals each day. Set aside a specific time to review your goals. *Read your goals aloud and visualize your success.* Imagine how you'll **feel** when your goal is reached. Feelings release the necessary chemicals that drive you to act.
3. **Pay attention to your progress toward your goals.** Nothing motivates like success. Whether you're motivating yourself to do a better job at work or to stay on top of the clutter at home, **notice your success and be proud.** You deserve it.
4. **Take breaks.** One effective way to destroy your motivation and desire is to work non-stop. Take regular breaks and keep your motivation high. **Studies prove that most people do well with a 10-15-minute break each hour.**
5. **Have gratitude.** It's easy to feel down when you're struggling and focused on *what you don't have.* Remind yourself of all the *people and things you already have in your life.* When you have gratitude, your mood and desire will improve. Spend just a few minutes each day and mentally list all the things and people in your life that allow you to feel grateful. *Pray in thankfulness for ALL that you have.*
6. **Find a form of external motivation.** Some people can generate motivation and desire through internal means. Others need external pleasure or pain to generate enthusiasm. There are several ways to do this.



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Streamlined Mind Power

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- Tell others what you're trying to accomplish. Once people know your business, they'll be busy watching and judging you. This is a natural human tendency. Did you say you're never going to drink another can of Coke again? It will be difficult to bring yourself to do it in front of others again.
- Promise yourself a reward. Once you get that promotion, take yourself to a vacation. Or get a new set of clothes when you lose 25 lbs. *Make your reward something that's meaningful to you.*
- Punish yourself. Cheat on your diet? Donate ₹ 500 to a charity you don't like. Late to work again? Make bags by cutting your favorite dress. While we don't like to admit it, humans are *often more driven by pain than by pleasure.* This can be an effective way to keep yourself motivated if you can follow through on your threat to yourself.

When all else fails, get started. A little action can bring about motivation.

Motivation is nice when it occurs organically, but it's not a reliable method. It's possible to create your own motivation with practice. Practice these tips regularly and you'll always be able to take care of business rather than waiting for inspiration to smile upon you. One of the most appropriate ways of staying motivated is to write your top 2-3 goals & their TRUE purpose & then have them pasted where they are always visible to you.

Go ahead & stay in a permanently motivated state.

DID YOU KNOW???

- In Japan, crooked teeth are considered cute and attractive!
- The toothpaste "Colgate" in Spanish translates to "go hang yourself"!
- Human thigh bones are stronger than concrete!
- You are 1% shorter in the evening than in the morning!
- The tongue is the strongest muscle in the body!



Fun time for you: Scratch your brains.....

Answers to last months' riddles:

What has 13 hearts but no other organs? A deck of playing cards;
 What never asks questions but is often answered? A door Bell;
 What starts with a 'T', ends with a 'T' & has T in it? A Teapot;
 What loses its head in the morning & gets it back in the evening? A Pillow;
 You may enter but not come in. I have space but no room. I have keys but open no lock. What am I? A keyboard.

What can point in every direction but can't reach the destination by itself?

Say my name & I disappear. What am I?

You can catch me but can't throw me? What am I?

What is easy to lift but hard to throw?

I can travel from there to here by disappearing, and here to there by reappearing.

What am I?

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Henry Kissenger



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