



THE TOP 10 THINGS SELF-MOTIVATED PEOPLE DO

- 1. Be clear about your goals. Write them down.**
Ask yourself: *What do I want to accomplish this year?*
- 2. Visualize yourself achieving your goals.**
Develop a mental picture of yourself doing what it takes to make the goal a reality.
- 3. Achieve something every day.**
Do something every day to move yourself toward your goals.
- 4. Be open to other points of view.**
Ask questions when someone proposes a new idea, before offering an opinion.
- 5. Support one another.**
Do what you can to help others success. Be positive, non-judgmental, and accepting.
- 6. Remember that you always have choices.**
You have chosen this job, to work with these people.
- 7. Be open to change.**
To practice, find ways to change your daily routines.
- 8. Live in the present.**
Don't agonize over the past or worry about the future. Forgive yourself for being less than perfect.
- 9. Work on your fears.**
Put all your energy into developing a successful picture of yourself, and you won't have room for fear.
- 10. Remember that there is no such thing as a bad day.**
Remind yourself that each moment is a new moment, and you can choose again to be positive and achieve your goals.

