

Self-Motivation : The Magic is Your Attitude Toward Life

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Abstract

The current paper is an attempt to highlight the importance of attitude in life. The world we've created around ourselves is really a mirror of our attitude if we don't like our attitudes. If we don't like our environment, we can don't like our changing our attitudes. The world plays no favourites; it's impersonal. It doesn't care who succeed or who fails, nor does it care whether we change or not whether we get ahead or lie down and whine.

Our attitude toward life doesn't affect the world and the people in it nearly as much as it affects us. Be true to yourself and keep on motivating yourself towards improving your own self for a better and meaningful life.

KEYWORDS: Life, attitude & self- motivation

Define attitude as an indicated action, feeling or mood it is our actions, feelings or mood which determine the action, feelings or moods of others towards us. It is our attitude toward life which determines by our attitude, toward life us. Everything operates on the law of it is determined by our attitude, the attitude we hold most of the time!

For most of us, learning these new habits takes time. Once mastered, our daily lives will become as changed as if we walked out of a dark tunnel into the bright, clear light of day

If we take the attitude that we cannot do something, we generally will not do it. With an attitude of failure, we are whipped before we start!

William James of Harvard said the generation was that human being can alter their lives by altering their attitude of mind. To develop a good attitude toward the world in general, each of us must first develop a good attitude towards ourselves. When you see someone with a poor attitude toward, others you can be sure he has a poor attitude toward himself. He doesn't like himself.

We're so familiar with ourselves that we take ourselves for granted. We tend to minimize what we can accomplish the goals we can reach for some equally strange reason, we believe others can reach heights which we cannot there is an enormous undeveloped potential within each of us. These are great reserve of talent and ability which we habitually fail to use.

There are millions of human being living narrow, darkened, frustrated lives living defensively, simply because they take a defensive, doubtful attitude toward themselves and a result toward life in general.

There are successful people who go sailing through life from one success to another and who, when they occasionally fail at something shrug it off, and head right out again. No

matter what an individual does, where ever you find a person doing an outstanding job and getting outstanding results, you'll find a person with a good attitude

There people take the attitude toward themselves that they can accomplish what they can accomplish. What they set out to accomplish. There's no good reason on earth why they can't be successful. They have a healthy attitude toward themselves and as a natural result toward life and the things they want to accomplish. They achieve some remarkable things and are called successful, outstanding, brilliant, and lucky and so on. They frequently no more brilliant or talented than the people that surround them but the successful people have the right attitude. They find their accomplishments not too difficult simply because it seems so few others are trying and really believe in to themselves.

Successful people come in all sizes shapes and colours and in widely varying degrees of intelligence, background and education. But they expect to more good out of life than bad. They expect to succeed more often than they fail and they do.

It is important to be yourself and stop comparing your life with anyone else's life as you have no idea of their struggle and hardships. We all have our own journey and path to travel.

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How do we get a good attitude?

Begin conducting yourself as though you have a good, positive, expectant attitude towards life. You've never tried it you'll be amazed what happens, just as emotions trigger actions.

You must first have the self image you want to have the great German philosopher Goethe, said "before you can do something, you must first be something." if you will conscientiously go about the test I'm going to recommend, and yourself beginning to join a small happy and extremely productive group of people. You'll find yourself becoming lucky, as they say, and most of your problems will take care of themselves.

Treat every person as the most important person on earth Do this for three reasons:

1. As for as the person is concerned, he or she is the most important person on earth.
2. Because this is the way human being ought to treat each other.
3. By treating everyone this way, we are forming an important habit.

There's nothing in the world that men, women and children want and need more than self esteem the feeling they're important, needed and respected, they will give their love, affection and support to the person who fills this need.

Act toward others and the world at large in exactly the same manner that you want the world and others to act toward you. Form a good attitude habit.

Don't let the unhappiness of others make you unhappy.

When you begin to develop better attitudes, you should realize you've already placed yourself on the road to what you seek. You are well on your way to joining the top live per cent of people. You've prepared the ground and planted the seed.

Conclusion

The mind has the capacity of remaining focused and also the capacity of defocusing and shifting the focus every moment. The inner faculties form habits, which govern your thoughts, emotions and responses. Bothering yourself over past mistakes and worrying about the future are the two of the worst habits that can lead you to misery. It takes a positive attitude to achieve positive results. Act toward others and the world at large in exactly the same manner that you want the world and others to act toward you. Your attitude towards life is the real magic to succeed in life.

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