

IMPROVE SUCCESS WITH
MOTIVATION AND GOAL
ACHIEVEMENT

Give Yourself an Emotional Facelift
and Be Less Critical of Yourself

Yvonne A Jones

Improve Success With Motivation and Goal Achievement

Give Yourself an Emotional Facelift

Are you ready for an emotional facelift? I can see the question on your face as you may not have heard the two words used together. :-)

Have you ever looked into the mirror and peered at the tiny line on your forehead and the line that's beginning to form from the sides of your nose? Or perhaps you're older, as I am, and they're already there? At first, you may be concerned and try to prevent them from becoming more pronounced, yet unless you decide to take some action like applying botox or getting a facelift, you know those lines will get deeper.

You're at peace with that because you know those lines are a part of maturity and wisdom you've acquired over the years.

Unfortunately, the emotional lines are generally not so easy to ignore. Even if you changed the outside, what's happening on the inside is what will influence your life and the actions you take.

T.S. Elliot said, "I don't believe one grows older. I think that what happens early on in life is that at a certain age one stands still and stagnates."

You've likely seen people who act much older than their years – stooped and frowning -- they look and act at least ten years older than their actual age. While there may be physical disabilities, a lot of times it's as if the emotional baggage they're traveling with drags them down.

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Giving yourself an emotional facelift is a way of empowering a transformation to take place in your inner self – to awaken the creativity and abilities within that can help you age gracefully and become successful in whatever you choose no matter what your age or “handicaps.”

Below are some great tips **about how to begin your emotional facelift challenge**. It is a challenge because it may mean that you have to consciously change your thinking and explore your self-image in order to find ways that work for you. The goal of this challenge is to support you in easing the emotional burdens and stresses that life brings and to encourage you to become less critical of yourself.

Let me share why this topic resonates with me on a deep, personal level.

My mother gave birth to me when she was almost 42 years old and I was her only child. Her father died when she was nine years old from typhoid fever and her twin sister died shortly before that. Her mother decided she was so broken-hearted that she left her two young daughters and would spend the next 45 years in another country.

Thus, my mother grew up with her paternal grandmother and her sister grew with another set of family. The environment my mother grew up in was deeply religious, education was a high priority, but an outward show of love was not. Praise was rare because of the belief that ‘if you praised a child too much, she’d think too much of herself.’

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I share that because it will help you to understand my mother a bit better. With this background, and though I knew she loved me, no matter how well I did in school I don't remember hearing, "Very good." Instead, her words would be, "Let your good be better, and your better be best." As an adult I discovered that was a quote by St. Jerome: "Good, better, best. Never let it rest. 'Til your good is better and your better is best." My father, on the other hand, was generous with his praise.

As a result, my conclusion was that my mother wanted and expected me to be perfect. Perfection became my benchmark and I set impossibly high standards for myself. Of course, when I did not reach them, I was very negative with myself. It would take years, and long after my mother's death for me to be helped to appreciate that it's possible that perfection was not expected of me, she just wanted me to always strive to be the best I could be.



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So let's return to the emotional facelift challenge and cover five steps you can take to improve your success.

* **Take care of yourself** – You can't help yourself or anyone if you feel tired and emotionally drained. Do some things for yourself that lift your spirits. It may be as simple as taking a long, hot bath or it could mean that you need to “get away from it all” for a while. A healthy diet and exercise should be part of the equation.

* **Replace negative thoughts with positive ones** – It's extremely important that you nip all negative thoughts in the bud before you can even digest them. Self-criticism is a bad habit that can sabotage all your efforts and talents.

* **Enjoy life** – Don't wait for everything in your life to be aligned in order to be happy. If you look beyond your self-defeating attitude, you'll likely see that you're very blessed with something in your life that can make you happy. A dog's greeting, a child's excitement or simply taking a walk can bring enjoyment if you recognize it. **Make Gratitude a habit.**

* **Have a plan** – Everyone feels better when there's a plan in place, whether it's for business or personal reasons. If you're down in the dumps more than you're happy, develop a plan for self-awareness that will show you exactly why you're unhappy and how to deal with it. Take the time to assess what happens or where your thoughts are before you go into a negative state.

* **Become a goal-seeker** – If you don't have a passion or a short or long term goal in mind for yourself, it's difficult to find emotional balance in your life. Striving for and achieving the goals you set for yourself are empowering.

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Rational thinking, as in recognizing your limitations and not set unreasonable expectations, is a good way to combat memories of past failures and experiences that left you cold and in emotional tatters. Use rational thinking to improve your self-image so that the past won't be able to harm you.

Giving yourself an emotional facelift is one of the best and most positive things you can do for yourself – and it lasts a lot longer than the physical facelift!

In taking the challenge and becoming more empowered to effect a transformation, this should now allow you to become less critical of yourself, but it's not always as easy to overcome, especially if this critical thinking was the result of someone else's projection on you.

Conquer Self-Critical Thinking

Negative attitudes and self-critical thinking are at the root of almost every failure in your life. No matter what you're trying to accomplish or overcome, critical inner voices are there attacking you for even trying to achieve something more.

Your critical thoughts can be like an enemy – preventing you from accomplishing and creating, living and enjoying life. To become successful means you have to overcome these self-critical voices by taking actions that will give yourself a new outlook on life.



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Here are some tips to overcome critical self-talk and begin to go after what we want with self-confidence:

* **Don't demand perfection** – Striving for perfection only sets you up for failure and more critical voices about not being good enough. When you make mistakes, acknowledge them, learn from them and then carry on. Remember that it's not how many times you fall; it's how many times you're willing to get back up again.

* **Let go of the hurt and pain from your past** – Put those negative comments about yourself out in the cold. Replace them with positive affirmations and choose not to give the past a place in your present or future life.

* **Build your confidence** – Take baby steps, in the beginning, to make choices for yourself, make your wishes and your opinions are known. Pursue areas of study to increase your knowledge.

* **Know your values and be true to them** – Don't let anything or anyone sway you from living your values and beliefs. Know that your views should be respected and demand it.

* **Put yourself first** – It's not selfish to put yourself first in relation to others. This should be understood in the context that very often we don't prioritize ourselves, and we try to please everyone else to our own disadvantage. If you don't put yourself first in the scheme of things, you'll take the chance of being used. Don't be afraid to say no to people who want to monopolize your time and keep you from what you really want to do.

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Concentrate on self-affirmations that will serve to replace negative thoughts and emotions. Whenever you begin to think badly of yourself or hear the ever-present critical voices, replace it with one of the affirmations about yourself.

Affirmations can be your successes, strengths, and values. Write them down if it helps and look at them several times a day to burn them into your mind. Learn how to best respond to self, critical thinking and you will have conquered a giant obstacle standing in the way of your success and happiness.

Did you find today's lesson helpful? I hope you got some powerful takeaways. Do you have a question? Or perhaps a suggestion? Please hit reply to the cover email or send me an email to Yvonne@YvonneAJones.com. I'll get back to you within 24 hours.

Warmly,

Yvonne A Jones