

IMPROVE SUCCESS WITH
MOTIVATION AND GOAL
ACHIEVEMENT

Improve Self-Image and
Control Your Life

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Improve Success With Motivation and Goal Achievement

“Too many people overvalue what they are not and undervalue what they are.”

— *Malcolm S. Forbes*

A positive self-image is one of the most powerful tools you possess to turn an out-of-control life into a life of self-confidence and success.

It's been psychologically proven that your quality of self-esteem determines the health of your personality. How much you like yourself determines how you behave and how effective you are in every area of your life. Self-image is powerful and can make or break future successes.



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The following five points will contribute significantly to taking control of your life and developing peak performance for effectiveness in everything you do.

* **Know your values and live them** – Living a life that isn't honoring your values and deepest beliefs isn't living life at all. Determine what's really important to you – and then live accordingly.

* **Manage your use of time wisely** – Nothing makes you feel out of control more than missing deadlines and being non-productive. Managing how responsibly you use your time puts you more in control. Of course, you need to plan downtime for self-care as well.

* **Be clear about what you want** – When you know exactly what your current goals and objectives are, you're more able to carry out the tasks to reach them. You'll also have more self-respect from knowing that you're achieving your goals.

* **Don't underestimate yourself** – You'll never rise to what you can really be if you consistently underestimate yourself.

* **Focus, focus, focus** – When you put focus on each thing you're doing you're more in control and do a better job. Multi-tasking is self-defeating and is a bad habit. You can accomplish a lot more when you take one step at a time and focus on the task at hand.



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If you find your life getting out of control – whether it's too much work and less personal time or the other way around – bring balance back into your life. When your life is balanced, you feel much more in control and can meet the unexpected happenings in your life with a better attitude and more success.

Identifying the Positive in Yourself

It's fairly easy to identify all your flaws and faults. If you're suffering from low self-esteem, you hold them in your mind and eventually it becomes very difficult to find the positive things about you.

While it's good, to be honest about yourself and admit to your shortcomings, it's imperative that you also know what's good about you so you can maintain a self-image that will carry you to success in both your personal and business endeavors.



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Here are five tips to help you identify your positive traits:

1. Make a list of good things about you – For example, you may be a great mom or dad who focuses on your children's needs. Or, you may be a leader who inspires others to be the best they can be. Write down the qualities you think about and you'll likely think of more as you progress.

2. How do you help others? – Are you a volunteer with an organization, your children's school or other ways? Are you a good listener? Sometimes people need someone who can listen and not pass judgment about them.

3. You make it a point to learn something every day – Those who aren't learning are stagnant. If you read a book every day, engage in a sport or hobby that you enjoy, you're a person who learns.

4. Try things without fear – If you face your fears by consistently trying new things, that's a trait you can be proud of. Each time you face innate fear head-on, you improve your self-esteem.

5. Are you a good model for others? – Striving to live up to your values and standards each day makes you a great example for others. It's one of the best traits a leader can have to inspire others.



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Remember, you are unique. You don't have to replicate others to be a great person. Identifying the positive traits in yourself helps you to combat those negative voices in your mind that try to tell you you're unworthy or don't have what it takes to be successful.

The core qualities that define who you really are can help you with any endeavor you choose to take on. Some words you might use to describe yourself are logical, problem solver, empathetic, funny and friendly. Nothing is too minor to list, because all of those qualities combined represent who you really are.

Even the words that describe your flaws can be good for you to identify because most of them can be turned around and seen as a positive trait. For example, your stubbornness might seem like a flaw at first, but it may make you a more empowered person because you just won't give up.

Use your list of positive qualities to fill your mind with when the self-talk tells you otherwise.



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Use Your Imagination to Build Your Self-Image [An Exercise]

Sometimes your self-image has been at a low ebb for so long that even with positive words, it can be a challenge to pull yourself out of that pit. And sometimes you can actually step out then one negative statement places you right back in that dark hole. So let's focus on the following exercises using your imagination to build your self-image. It is said that the mind cannot recognize if this is real or not so BEcome the person you want to be in your mind until you really are because you believe it.

1. How to See Yourself – Draw a mental picture of how you would look, act and feel like a success. Make the thoughts detailed and transparent. Foggy details won't create a true picture of the new you. Hold that thought in your mind and when negative thoughts about yourself occur, quickly replace it with the new self-image. And to make it even more real to you, why not write it down? You'll be involving more of your senses. You can then keep it where you can see it daily.

2. Don't compare yourself to others – You are unique – so don't compare yourself to others who may have weaknesses where you have strengths. Every time you find yourself beginning to do a comparison, say, 'Cancel, cancel.' Do it aloud if you must. Anchor the thought by squeezing your wrist or making two slaps on your elbow. Do some kind of physical action to reinforce your decision.

3. Love yourself – When you consciously think about yourself, think of all the good things you've done and want to do. Soon, those loving thoughts will manifest themselves outward and others will be able to see a change in self-confidence by the way you interact with others.

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4. Put the past behind – When all the failures and unpleasant episodes in your life are in your rearview mirror, you'll have a much better chance of succeeding. Your mind will focus on whatever thoughts and emotions you're feeding it, so feed it good thoughts of the present and future and let your imagination do the rest. Is it always easy? No. Yet you can make the effort and use the past as a stepping stone to greater things.

During the process of having your imagination create a positive self-image, you'll likely run into obstacles. Do not give up. Be firm in your resolve to put those words or actions out of your mind and concentrate on your own new beliefs and convictions. Of course, I would not be true to myself if I did not encourage you to always pray for strength to accomplish what can be hard to do on your own. You may also choose to get someone to support you and hold you accountable – a trusted friend, a mentor, or a coach.

Henry Ford once said, “Whether you think you can, or whether you think you can’t – you’re right!”

When you think and use your imagination to become successful, you will. Make your imagination work for you. We've covered a lot today. What actions will you take to make a difference in your life based on what we covered? Thanks for reading.

Remember, I'm just an email away: Yvonne@YvonneAJones.com

Warmly,

Yvonne A Jones