
DYNAMIC LEADER

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MOTIVATION

Through Attitude and Habits

Wanting to do something and motivating yourself to actually do it are two different things. Staying motivated is a struggle, your drive is constantly assaulted by negative thoughts and anxiety about your futures. Remember, everyone faces challenges and difficulties. What separates the successful is the ability to stay motivated.

When we think of motivation, many things come to mind: more money, a bigger office, a promotion, or a better quality of life. The truth is, no matter what the incentive, true motivation comes from within. Motivation is the inner strength and energy that pushes one toward action, which has much to do with desire and ambition, and if they are absent, motivation is absent.

Many people have the desire and ambition to get things done or achieve a certain goal, but lacks the push, the initiative, and the willingness to take action. This shows a lack of motivation and inner drive.

Motivation strengthens the ambition, increases initiative and gives direction, courage, energy and the persistence to follow one's goals. A motivated person takes action and does whatever it takes to achieve their goals.

Definiteness of purpose is the starting point of all worthwhile achievements. Remember your world will change whether or not you choose the change it. But you have the power to choose it's direction

Dr. Norman Vincent Peals

Motivation is stronger, when one has a vision, a clear mental image of a certain situation or achievement, and also a strong desire to manifest it. In this case motivation pushes one toward taking action and making the vision a reality.

Motivation can be applied to every action and goal. There could be motivation to study a foreign language, to get good grades at school, bake a cake, write a poem, make more money or get a promotion. Motivation is present whenever there is a clear vision, precise knowledge of what one wants to do, and a strong desire and faith in one's abilities. Actually, motivation is one of the most important keys to success. Lack of motivation either does not bring results or brings only mediocre results, whereas motivation brings faster, better and bigger result.

Lack of motivation shows a lack of enthusiasm, desire and ambition, whereas the possession of motivation makes one full of life and willing to do whatever it takes to achieve what one sets out to do. A motivated person is happier, more energetic and sees the positive end result in his/her mind.

What can you do to enhance your moivation and awaken the power that will push you toward accomplishing your goals and dreams?Here are a few suggestions:

1. Set goals. If you have a major goal. It would be a good idea if you split it into several minor goals, each leading to your major goal. In this way, you will find it easier to motivate yourself, as you will not feel overwhelmed and the goal would seem more feasible and easier to accomplish.

2. Finish what you start. Hammer into your head that whatever you start you have to finish. This is a very important habit.

3. Socialize with motivated people. Motivation and a positive attitude are contagious.

4. Don't procrastinate. Procrastination leads to laziness and laziness leads to lack of motivation.

5. Persistence, patience. Not giving up in spite of failure strengthens the motivation to succeed.

6. Visualize your goals. If a certain goal is really important you need motivation to keep you focused.

Assertiveness and Self-Confidence

A One or Two Day Seminar

Self-confidence and assertiveness are two skills that are crucial for success in life. If you don't feel worthy or don't know how to express your self-worth when communicating with others, life can be very painful. This workshop will give you an understanding of what assertiveness and self-confidence means and how to develop these feelings in your day-to-day life.

What you will learn:

- Recognize the link between assertiveness, self-esteem and self-confidence
- Understand the importance of language and body language for assertiveness
- Understand your personal style when dealing with difficult people or situations
- Identify the best approach to use when voicing ideas and opinions to colleagues and managers
- Deal with criticism, confrontation, anger, negativity and praise effectively and positively
- Encouraging self development – learn how to receive criticism in a way that enable you to make improvements
- Overcome feeling of apprehension with colleagues in a more confident and productive manner
- Forge more productive working relationships and avoid offending or alienating others



PRESIDENT'S PIECE

WHAT WOULD IT BE LIKE

What would it be like, if you really liked your job? What if you looked forward to going to work every day and found happiness and a sense of purpose in your work?

What would it be like, if you somehow identified your life dreams and established goals? If you knew where you stood and knew where you wanted to go and had a well thought out plan for getting there?

What would it be like if you saw your job not as a 9-to-5 obligation, not as a necessary evil so you can pay the bills and just get by, but as the means of reaching your dreams in away that fulfill your goals?

What would it be like, if you stretched a little, experienced success and then stretched some more? What if you then started working harder and smarter and better because you were in fact self-motivated?

What would it be like if you saw a career path for yourself in your organization and dedicated yourself to ensuring the continued growth of yourself and the organization?

EXCELLENCE

Going far beyond the call of duty, doing more than others expect, this is what excellence is all about. It comes from striving, maintaining the highest standards and looking after the smallest detail and going the extra mile. Excellence means doing your very best, in everything, in every way.