

Learn How To Create The Perfect Mindset and Become All You Can Be Through Self Help Motivation

Ian D. Major

For all of you out there that refuse to believe in a limited mind.

This book has many useful self-help ideas, tips and techniques that will enable you to set better goals, become more motivated, and achieve a better life. Topics covered include; how to get unstuck, overcoming fears, controlling one's emotions and there is also an interesting chapter about how to change your Luck Factor. Plenty of food for thought in this self help guide.

Colin G Smith

Learn How to Create the Perfect Mindset and Become All You Can Be Through Self Help Motivation by Ian D Major reminds us of just how powerful our thinking is. Giving us simple strategies and instruction we can use to gain motivation. It's all positive in this book. Something in it for everyone! You're gonna have to read to believe it.

Cathy Wilson

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The Ten Top Books On Self Help Motivation Reading is one of the best ways to enable self help motivation

Introduction

What the heck gives me the right to publish a book on self-help motivation?

I was raised in a loving and caring family. I enjoyed (and am still enjoying) a good education. My early and subsequent career as a "teacher" has been a blessing to me. Yet, I have always felt that there is more to life than this.

Einstein said, " I want to know the thoughts of god. The rest are just details". I don't equate myself with Einstein, but I am on a continuous quest to be more than I am and to enable those around me (including you) to be more also, if that is your desire.

Ian D. Major

Self Help Motivation

What is Self Help Motivation and why do we need it?

There are basically two types of personal motivation. "**Away From**" motivation and "**Towards**" motivation.

Perhaps a couple of examples are in order.

"Away From" motivation

Example 1

You have an exam to sit tomorrow. You haven't studied. You have only this evening to learn what you need to know, so you cram like mad through to the early hours of the morning because you really need to pass that exam. The fact that you left it to the last minute motivates you to study hard.

Example 2

You really should have made that car payment, but you just haven't got round to it. Now the car company is chasing you and you need your car, so you make sure you pay that bill just as quickly as you can.

In both of these examples your motivation is "**fear based**". i.e. Something you "don't" want to happen. The fear of failing at an exam, or the fear of losing your car.

"Towards" motivation

Lets use the same examples.

Example 1

You know you have an important exam coming up and that you have time to study for it. You plan your study sessions out and stick to them because you want to sit the exam in a calm and relaxed way, thereby giving yourself the best chance of passing.

Example2

You know that your car is important to you and that your car company gives payment discount if you pay automatically via your bank so you set up automatic car payments so that that you never miss a payment and you save some money.

Here your motivation is "**expectancy based**". i.e. Something that you "do" want to happen. You plan ahead, expecting a good outcome.

Now here's the important thing. Neither of these motivation types is "right" or "wrong". It all depends on the circumstances and the way you work.

You may be the kind of person who actually does better at exams by leaving everything to the last minute. I know I am. You may prefer to juggle your finances on a day-to-day basis than to leave everything to someone else.

Whichever type we are, we all need motivation or to be motivated from time to time. This motivation might come from a friend, a family member, or even an enemy. It might come from a film you've watched or music

you've listened to or an inspiring book that you've read. It can come from something you don't want or something that you do want.

So how can we ensure ourselves of some "Self Help Motivation"? Here are some tips that I hope will help.

1#

Create a No Neg Zone - Stay away from Negative Places. Negative Things. Negative People.

2#

Avoid the dream stealer's - We've all met them.

3#

Avoid procrastination - Visualise that which you want. Ask yourself why you want that which you want. The bigger the WHY the greater the motivation.

Conclusion

Self Help Motivation will create the link between your self-development and the incredible life that you can aspire to.

Know that it can be so.

The Key To Self Help Motivation

Here is the most important step to finding a little self-help motivation

Goal Setting

The setting of short and long term goals is critical in your quest to self-motivation. After all, if you don't know where you're going, how will you know when you've got there?

So grab you're favourite drink, grab yourself pen and paper and make a list of all the important things you feel you have to get done.

OK. Now prioritise your list into short term and long-term goals. Now here's the secret ...

BEGIN WITH THE END IN MIND – THEN PUT FIRST THINGS FIRST

Now think about that long-term goal. How will you get there? You're going to need a plan or a map. But here's the trick. You need to create your plan in reverse. With your goal in mind, think backwards from the goal to now. In this way you will be able to discover what is that you needed to do at each stage in your plan and you will arrive at that which you need to do first, your first step. With a clear plan in mind you will be far more motivated to make a start.

As you're planning backward from your goal you may come across a step that your unsure of. That's good. Now you know that there is something here that you need to find out about and this simply becomes another step in your journey. This in itself will be a huge boost in your self help motivation because working backwards in time has allowed you to avoid what otherwise may have become a stumbling block. You really are helping yourself to motivate yourself.

I hope you can see how powerful this method is. You can move steadily towards your goal knowing that there shouldn't be any nasty surprises. This realisation, that your goal will be easily achieved, will provide you with all the self-help motivation that you need.

Three Steps To Self Help Motivation

How can you kick start self-help motivation?

Well first you need to find it, and fortunately that's the easy part for it is all around us, but in our busy and hectic lives we rarely take the time to look.

The First step is. You need to chill

Who deserves a break more than you do? You owe it to yourself. You need to take time out to smell the roses and anyway, overworking is non-productive.

The Second step is. Look for inspiration

While strolling on the beach, or in a park. Relaxing in the garden. Reading a book or a magazine, inspiration can strike like a bolt from out of the blue. Whenever you truly relax, your mind will become quieter and quieter, so quiet that it's almost still and it is in this state of mind that any worries, concerns and pressures of the day are most effectively dealt with and with these out of the way your mind is open to the opportunities that are all around you.

New thoughts and ideas will come to you and you will begin to feel really inspired to investigate them more. This is the true use of self-help motivation.

The Third step is. Take action

This is so much easier to do now that you're chock full of inspiration and self help motivation. Your new feeling of personal power will enable you to overcome one of life's greatest enemies, procrastination and the more action you take the more focused and motivated you will become. Soon this becomes habitual and answers to problems will seem to just pop into your head. That is because this three-step solution has become for you a “subconscious reaction”.

But remember, it all starts with your decision to **find the time to take** “The First Step”

So take a break. You deserve it.

Learned Helplessness - The Elephant and The Pike

You can enable self-help motivation and overcome "learned helplessness" through the following two examples.

Example 1

In many of the logging camps in India they still use elephants to fell and stack trees. The training of the elephant starts when it is still a baby and the first thing that it will be taught is not to run away from the logging camp. The trainer achieves this by driving a large wooden stake into the ground and by tying a rope around the baby elephant's leg and then tying the rope to the stake. No matter how hard the baby elephant tries it cannot pull the stake out of the ground and although it keeps on trying eventually it will give up because it has learned that while the rope is attached to its leg it cannot get free. This procedure carries on into the elephant's adulthood and although it is now immensely strong and could easily rip the stake from the ground it will not. The elephant now believes that once its handler has attached the rope to its leg it is incapable of escaping.

This is known as "learned helplessness".

Example 2

Some time ago an experiment was conducted to help prove the theory of learned helplessness. A large fish-tank was constructed and filled with water. The tank was then divided down the middle using a clear sheet of glass thereby creating two sections. Into one section was placed a number of small fish. In the other section was placed a Pike, a big fish that just loves eating little fishes. As could be expected the Pike tried to attack the small fish but was prevented from doing so by the glass partition. The Pike tried to attack the small fish for some time but eventually gave up trying. The glass partition was then removed and the Pike had free access to the small fish yet instead of attacking them it stayed in its side of the tank. It would swim to where the glass partition used to be then turn and swim back to its end of the tank. The small fish knowing the Pike to be a predator stayed away from it in their end of the tank. There was nothing to prevent the Pike from attacking the small fish yet once again, through learned helplessness, it did not do so.

Now that you have read these stories you can ask yourself whether learned helplessness is playing a part in your life. Do you have the equivalent of a rope around your leg like the elephant? Or are you being held back by a glass partition like the Pike?

Many of us suffer from learned helplessness. As children we may have been repeatedly told, often by significant others such as teachers, parents or relatives, that we were "no good" at something or would never be able to do "this" or "that". We heard this so often that we came to believe it and we no longer even try to do these things. Things we may dearly wish to achieve.

Yet, all we have to do to overcome learned helplessness is to realize that as adults we should be in charge of our own destinies, we should be in control.

If you feel that you have a set of beliefs that are holding you back, take the time to look at them very carefully.

Remember the Elephant and the Pike. What you believe you can't do doesn't mean you can't do it.

You will only ever know by trying.

Feeling stuck? Here Are 10 Ways To Get Going

We all get stuck sometimes so here are 10 tips to help you achieve that "ah-ha" moment that will get you going again.

1#

Learn to daydream

Perhaps you were scolded for daydreaming in class when you were a kid. Well it's time to start daydreaming again. When we daydream we are in touch with the innermost core of our being. So the next time you catch yourself daydreaming, take heart.

2#

Stop trying to achieve in order to reach happiness

Go for happiness first then you will be able to fulfil all your desires.

3#

Get yourself organised

Set your short and long term goals. How will you know where you're going if you don't have a plan to get there?

4#

The only time you can achieve anything is in the "now"

Yesterday is history. Tomorrow is a mystery and today is a gift. That's why it's called The Present.

5#

Receiving is as important giving

Giving and receiving are two sides of the same coin. When you give without strings or attachment the more you will receive. The more you receive the more you will be able to give.

6#

Be grateful for that which you receive

Count your blessings, not your worries.

7#

Find a role model

Who inspires passion in you? Who could you emulate?

8#

Life cannot be lived to the full without risk

Beware procrastination. Take inspired action.

9#

Don't forget to breathe

Take some time out. Get out in the fresh air and take some good deep breaths.

10#

Enjoy yourself and others

Phone a friend. Visit a pal. Laugh till you drop.

So there you go. The next time you're feeling down and need a little self help motivation, just read through this list.

Look Where You're Going

Decide where you're going with self help motivation.

Do you feel as if you've reached a dead end in your life? That although you've learned some things, and applied what you've learned in a few different areas, nothing seems to work? That you're just left feeling empty?

Someone once said that the definition of insanity is

"Doing the same things over and over yet expecting different results"

If this is you, it's time to make some changes.

First off, find out where you are now

What are you truly passionate about? What are your burning desires? When you know what these are you will know what to focus on and what to ignore. This alone will save you huge amounts of time and will enable self help motivation.

YOU must be in control of YOU

Beware of well meaning others telling you what you need for this will never enable your self help motivation. YOU must decide what it is that YOU want. Decide what it is that you want and write it down, memorize it, repeat it to yourself often. If someone asks you what it is that you want from life, you should be able to tell him or her exactly what you are going to achieve.

We learn by doing

All the knowledge in the world is useless if it's not put use. When we gain knowledge about that which we are truly passionate about, learning becomes easy and enjoyable. But that knowledge must be put into practice. When you're focusing on something you're passionate about you are less likely to be distracted from your destination by trivialities. Of course, if while you're on your journey you find something really interesting that fits in with your overall plan; by all means go after it.

Don't be afraid to try something new

While it is sensible to be aware of taking risks you must not let fear hold you back. Often, we have been conditioned to be afraid of taking risks by those who around us who are to scared themselves to try anything new. When you're faced with trying something new just go ahead and try it. Ask yourself. "What's the worst that can happen"? This is how we learn. By trying and sometimes failing. You will learn something useful from any new experience so take what is useful discard what's not and move on.

Create a road map from where you are know to where you want to be

If you don't know where you're going, how will you know when you get there? Set markers along the way so that you can measure your progress.

Create vivid images and moving pictures in your mind of what it is that you really want and run these mind movies often.

The subconscious mind doesn't know the difference between that which we physically experience and that which we imagine. If you have a negative mindset, that is what your subconscious will accept as real and act upon, so keep those mind movies positive.

Realize one thing above all else.

YOU must be in control of YOU. Realize that you are in possession of personal power and use that power for self help motivation.

Become Worry Free Through Self Help Motivation

We all worry about things from time to time. It is human nature. But for some people worry can become so intense that it can shape and mould their lives for the worse. For these people, worry has become a habit and often they worry about things that are trivial and, as crazy as it sounds, will start to worry if they have nothing to worry about!

A certain amount of concern over a particular situation is a good thing. Concern generally means that we need to think about the situation, to analyse it, to plan around it and this is what distinguishes the non-worrier from the habitual worrier.

The basis of worry is fear. Knowing this we can learn to face our fears by logical thought and analysis.

Give Thought To What Worries You

Worry like fear is a knee jerk reaction and often prevents us from applying reasoning and logical thought to our situation. Firstly be aware of the emotion of fear. Simply admit to yourself "this situation worries me" and move on to something else. When it is convenient to do so, give some thought to your concerns.

Analyse

You might discuss your concerns with someone whom you trust and ask them to repeat your concerns to you. You can write them down. This is an excellent start in analysing your worries. Some times it's difficult to think because we're too busy worrying. But by discussing them or writing them down you can attempt to study them dispassionately.

Three Types Of Concern

Firstly. Is the thing you're worrying about worth worrying about? Sometimes simply studying the situation shows that it's not.

Secondly. If the thing you're worrying about is of genuine concern, can you actually do anything about it. In many cases you will not be able to alter the outcome and will have to accept this and move on. Take for example the reported shortage of oil. Many people worry about it but can't actually do anything about increasing oil stocks. So there's really no point in worrying.

Thirdly. If having analysed your concern you feel that there is something you can do about it. Great. Get on and do it.

This advice is reflected in a prayer written by Elisabeth Sifton. Note that it is known as "**The Serenity Prayer**".

*"God, Give us the grace to accept with serenity the things that cannot be changed.
Courage to change the things, which should be changed,
And the wisdom to distinguish the one from the other.*

So. What are some of the things people worry about. And how can we use self help motivation to overcome them. Here are a few examples.

Health

Bit of a paradox this one. Worrying about your health is a sure way to poor health. If you need to see a doctor, see a doctor. If in doubt, read The Serenity Prayer again.

Lack Of Money

If you're in debt, plan your way out of it. Get help and advice. Often, talking it through with a debt counsellor can work wonders.

Concern For Others

Do what you can. Sometimes you can do nothing and just have to let people do whatever is they are bent on doing. Again, in the case of drink or drugs abuse, counselling is often the wisest choice. If you're concerned that someone you love wants to go rough water rafting or it's time for a child to start travelling to school on his or her own, you may have to invest in trust.

What Will They Think Of Me?

Generally speaking, "others" do not think of us at all. They're too busy thinking about themselves. The only standards that you have to live up to are those that you've impose upon yourself.

Decisions. Decisions

Many people worry over making the "right" decision. Life is all about taking risks. Some small and some large. Usually your subconscious will know what choice to make but doubt and worry can get in the way. In this kind of situation many people will go by gut instinct and are right more times than not.

One of the most helpful resources I can point you to is "**Stop Worrying And Start Living**" by Dale Carnegie. This book has helped thousands of people overcome the debilitating effect of worrying. I know it certainly helped me.

Overcoming Depression

For someone suffering from depression, just facing the day can be an uphill struggle and there are different forms of medication and therapies that can have beneficial effects for those who suffer from it. However, this article puts forward methods that the sufferers can implement themselves, and should in no way be seen as medical advice. If you believe you are suffering from depression, please consult your doctor if you haven't already done so.

Having given the above advice, there are specific measures that sufferers can take to enable themselves to feel better.

Here are six measures that may help.

1#

Avoid taking illegal substance's

Apart from possibly leading to drug addiction, in most cases they will not help to solve the symptoms of depression and will more than likely make matters worse.

2#

Do the things that you enjoy

It is extremely important to continue doing those activities that help you to feel more in control such as meeting with friends, taking in a movie, walking, or shopping.

3#

Stay as healthy as you can

Enable your self help motivation to lead you towards getting out and keeping fit. Exercising will help you keep a positive outlook on life. These exercises can be whatever you enjoy doing. You might enjoy exercises such as working out at the gym, walking or cycling.

4#

Set Goals

If your setting goals, and it's a good idea that you do, try to ensure that they are realistic and not difficult to achieve. You don't want to set yourself up for disappointment. Remember your goals should be realistic, you should know when you have reached each milestone and know when you have achieved them what you will be aiming at next. Achieving each goal will certainly improve your outlook on life.

5#

Keep a diary

It's difficult to think clearly when you are feeling depressed that why it's a good idea to keep a diary. Jot down your thought processes on a day-to-day basis, the good and the bad. Any time you're feeling good, look back at your diary and see if there are any patterns that emerge. Could you alter patterns that lead to depression? Could you bolster patterns that help you avoid depression?

6#

Become more self-aware

The sooner you start to recognize the early signs of depression the sooner you can intervene. Starting to work on your problems while they're still small will enable you to start treatment before your symptoms worsen. Recognizing the onset of depression will also help you to avoid relapses in the future.

No one is immune to depression, so do your best to avoid the causes of it. Use self help motivation to help you recognize those situations that you need to avoid.

Controlling Your Emotions

If your emotions are getting the better of you, use self-help motivation to take control.

When you feel emotions, your senses are experiencing a strong feeling about somebody or something and can create a state of mind that feels good or bad, positive or negative. Emotions that may cause you discomfort include anger, apathy, doubt or anxiety. Those emotions that cause you to feel uplifted include courage, love and joy. Most of us experience these emotions most of the time to some degree or other and are able to deal with them. For many, however, it's not so straightforward.

Spiraling Down

When we suffer pain in the present moment, we experience it as hurt. Pain we have suffered in the past we will experience as anger and pain we may believe we will suffer in the future is experienced as anxiety. Bottled up anger that we aim at ourselves, we experience as guilt, which robs of our energy and can lead to depression.

External Stimuli

What gives rise to our emotions in the first place? The answer is "External Stimuli". Through our evolution we have learned to respond automatically to perceived threat and danger, we have become a bundle of automatic reflexes and in many situations that is a good thing. In the modern world many of the threats and dangers that used to exist no longer do so but we are programmed to respond just the same to events that we believe have an external origin and yet are really a response to what we believe and the way we feel and think. The "trigger" is external. Our response is "internal".

Reaction

When faced with any situation our brains will search through our memories at lightning speed to determine how that situation should be dealt with and how we should react. The brain is so good at this; it will often react and respond instantly. But this instant response doesn't always serve us well. For instance, someone may speak to you in a certain tone of voice (this is the external trigger) that your brain instantly interprets as threatening and you respond to the speaker angrily. (The internal response). The brain searched for memories and found one or more where in the past you were hurt by a similar tone of voice to the one you heard. What the person said might not be at all threatening, but before you actually deciphered the words you heard, you have already reacted to the tone of voice. So firstly, you display the emotion of anger and secondly the emotion of embarrassment. So in this situation the speed with which your brain dealt with this situation was less than helpful. We need a little self-help motivation that will enable us to take control of our emotions.

Count To Ten

So if our response to external stimuli is instant but not always relevant, how can we avoid displaying unhelpful emotions? Simply pause for a few seconds and give yourself the time to think about the situation before you react.

Increase The Power Of Your Mind

If you want to get the best out of self-help motivation, you will need to increase the power of your mind.

It has been said, "Anything the mind can believe, it can achieve".

To create an increase in mind power you will need to build up your will power and positive thinking brain muscles. The stronger these mind muscles become, the faster you will achieve your goals and the more personal goals you achieve, the more fuller will be the life you lead.

Here are some guidelines to building up those mind muscles that will enable you to benefit from self help motivation. However, seeing as we are all individuals, with our own particular mindset, you may find that some are effective and others not. We all have our own way of doing things and use our most proficient skills when doing them. So put into practice those guidelines that suit your skill set. That way you will be using self help motivation most effectively.

Positive Thinking

In a nutshell, positive thinking is about finding the reasons why and how you "can" instead of focusing on the reasons you believe you "cant".

When faced with a challenge, an obstacle or anything you perceive as difficult, your mind tends to turn to all the reasons why you can't. But hey it's OK. It is not your fault, that's how your subconscious mind reacts to any threat. When faced with difficulties, your subconscious mind wants to protect you. That's its job and generally its message to your conscious mind is Run Away and let's face it, if you came face to face with a hungry tiger, it would be great advice.

Unfortunately our subconscious mind treats any perceived threat pretty much the same way and will have us running away from challenges that we might easily overcome. So the next time you find yourself thinking I cant, realize that's a normal response then pause, take a deep breath, put a smile on your face and examine the challenge again. Try to think of all the ways of how you might overcome this challenge. Is it in fact really a challenge?

Many people's first response to a challenge will be negative. This is hardly going to enable self-help motivation or any kind of motivation. The trick is to train yourself to immediately ignore the negative and look for the positive.

Here is an example.

You've been laid off from work.

For most people this would be a devastating event and primarily they would very negative.

How will I tell my partner? How will I pay the bills? What will my parents, friends, neighbor's think?

This response is quite natural. It's just your subconscious doing its job. But here's where you pause, take a deep breath and put a smile on your face.

If you truly loved your job and were good at it, it should be comparatively easy to get another similar job. If you were not very interested in, or hated your job, now will be the time to realize that you have been set free. It's a brand new day. Perhaps you always wanted to go into business for yourself but never had the time. Perhaps you're now in receipt of severance pay that will help you do exactly that.

The trick here is not to allow yourself to become prey to doubts, fear, and negativity if only for the fact that doubt, fear, and negativity will not help your situation. Try to look at the situation anew. Here's a good tip. If this had happened to a friend instead of you, what advice would you have given them? The chances are you would give positive advice. So, to enable self-help motivation, all you have to do is follow your own good advice.

Are You A People Person?

You can employ self- help motivation by modelling others.

We've all met them; no matter the situation they can charm the birds out of the trees. They are friendly, charismatic, charming and just plain nice.

This is the "**people person**". He or she seems comfortable in any company and any social situation. They earn peoples respect and support in any and every endeavour and the reason this happens is because a people person genuinely gives and then gives some more.

Are you a people person? Want to know how to become one.

Here is a list of traits of a typical people person. Copy them and use them for your self help motivation.

1#

They are genuine

No fakery here. They are genuinely interested in other people.

2#

They actively listen

They are aware that they have two ears and one mouth so they listen twice as much as they talk. They listen in order to understand, not just to formulate an answer.

3#

They have a sense of humour

They laugh with people, not at them. They use the power of laughter in order to lift our spirits.

4#

They are strong within their own beliefs and values

Anchored in a "values" mindset they are able to appreciate another's point of view.

5#

They "give"

They are constant providers of the gifts of love, laughter, empathy and compassion.

6#

They are eternal students

They are constantly open to learning new things and using new found knowledge to improve not only their own lives but also the lives of others.

7#

They understand the "golden rule"

They do as they would be done by.

Of course, the forgoing doesn't represent an exhaustive list of the personality traits of a people person, but I hope it gets you thinking along the right lines.

Go ahead and use these traits for your self-help motivation, if you do, you will find that you are rewarded with all the good things in life.

How To Improve Your Memory

You can apply self help motivation and improve your memory at the same time.

Mnemonics

Mnemonics is a fancy word for using the first letter of something you want to remember and creating a memorable sentence from them.

For instance if you were learning to type and you wanted to ensure that you had typed every letter in the alphabet, you could type:

The quick brown fox jumped over the lazy dogs

Here's another example:

To remember the nine planets in our solar system in order from the nearest to the sun you could use:

My Very Educated Mother Just Served Up Nine Pizzas

(**M**ercury, **V**enus, **E**arth, **M**ars, **J**upiter, **S**aturn, **U**ranus, **N**eptune, **P**luto).

So take the first letter of each word and create sentences that are unusual, catchy, or humorous.

Why is this easier to remember? It's easier to remember because our brain will latch on to anything that sounds unusual, catchy, or humorous.

Song and Rhyme

Using a song or a rhyme is an excellent way to improve memory. It's through song and rhyme that most of us learned our alphabet, we may have been very young children when we did so and yet that rhyme will stay with us for the rest of our lives.

OK. See if you can finish this one:

30 days hath September

So, turn what you want to remember into a song or rhyme.

If you use self help motivation and practice these methods often you will soon find that you are on your way to having an excellent memory.

Change Your Luck!

Enable self-help motivation and dump the lucky charms.

Lucky rabbits foot, four leaf clover, dream catchers, horseshoes, wishbones, shooting stars, the list goes on. Many people believe in the power of good luck charms and many more carry one, just to keep all the bases covered. Generally speaking, there's no harm in the idea that an inanimate object can improve their fortune but there are other things that they can do that might actually prove more effective.

Fortune Favors The Bold

More often than not, those people who meet with good fortune, and who are considered to be lucky, are the ones who have decided to enable self-help motivation and take control of themselves and make what ever changes are needed in their lives. They are prepared to fail in order to learn and move forward. They understand that success happens when preparation meets opportunity.

Self Fulfilling Prophecy

If you believe that you are the kind of person who never enjoys good fortune, who is always complaining about rotten luck, who never tries something new because you believe it won't work, guess what? You're right. Negative thoughts lead to a negative mindset, which leads to negative outcomes. Your thought pattern becomes a self-fulfilling prophecy.

As you think. So you are

Change the way you think. Everyone has had some "good luck". Everyone has had "something good" happen to them. If you make a habit of believing that good things will happen to you, that there is enough of everything to go around and that you will get your share and if you fill your mind with positive thoughts that your future will be bright, guess what? You're right. **As we think. So we are.** You will be using self-help motivation in a productive way and you will have created a positive, self fulfilling, prophecy.

Be Alert To Opportunities

Opportunities are all around us, but that's no good if we can't see where they are. Knowing what it is that you really want, what you truly desire and a plan of how you will achieve these things will make the opportunities visible to you.

Remember, success happens when preparation meets opportunity.

The Harder You Work The Luckier You Become

You have to put in some hard work to become one of the "lucky people". Not necessarily hard physical labour, but you have to work hard on yourself and that's why you need a plan, a road map of where you are going. It would be a shame to work hard at arriving at the wrong place. In order to do something, you have to become something, so when you know where you are going work hard at acquiring whatever mindset, skills and knowledge you need to take you there. You will be amazed at all the good things that will happen to you when you work hard for what you want.

Cause And Effect

The law of cause and effect demonstrates that events don't happen by chance. You are not where you are today by chance. Where you are at this moment is a product of your thoughts and actions of your past,

therefore your future will be created in the present not by wish-full thinking about the future. It's what you do today that creates your future; so knowing this you can decide what it is that you want in the future and start creating it today.

Persistence

Majestic forests don't grow overnight; it takes time for good things to happen. So don't give up. Plan some way stations into your road map and when you reach one, make a stop and give yourself a little reward before you move on. You've earned it.

You are what your deep, driving desire is.

As your desire is, so is your will.

As your will is, so is your deed.

As your deed is, so is your destiny.

and you will have changed your luck through self help motivation.

How To Manage Your Time Better

We can use self-help motivation to manage our time. Everybody has the same 24 hours worth of time each day. It's what we do with that time that determines our results or lack of them.

Here are ten top tips that will enable you to get the best out of your day and achieve the outcomes that you want.

Prioritize

Know what your priorities are and make a list of them and look at it on a day-to-day basis. What is the most important thing that you can achieve today that will help you to reach your goals?

Beware The Thieves Of Time

Keep a note of how you spend your time for 2 or 3 days. From your notes see if you can determine where time is wasted or could be put to more beneficial use.

For example:

Making daily trips that could be done on a weekly basis. What and who are stealing your time? People phoning for a chat? Non productive emails? Faulty and time consuming machinery?

Focus

Focus positively on the results that you want to achieve. Use self-help motivation. Our thoughts determine our actions. Thomas Edison focused on what he new would be his ultimate success in inventing the incandescent lamp, not his ten thousand failures. If you don't make a decision to focus on your thoughts then it is likely that your brain will revert to a choice or a habit that may or may not be useful. This is why developing good habits of focused thoughts is a necessity.

Schedule That Task

Having an effective planning and scheduling system is also a necessity. Whatever suits you is good, be it a PDA, PC, Calendar or a note pad. It's also highly important that you use it of course.

Prioritize Your Priorities

Plan out your most important priorities first and then make a decision to how much time you will dedicate to that priority and be sure to follow through. Also keep in mind that rest, exercise, and healthy eating are all important priorities.

Remember, that with self help motivation, you will chop down more trees if you take a rest and sharpen the saw.

Time Limits

Do you find that most tasks take longer than you anticipated? This is why it's important to set a time limit for the task in hand. One good example is searching the Internet for information. It's so easy to get distracted when you find something of interest and go off down a route that has nothing to do with the task in hand.

Plan Ahead

It's much easier to face the day knowing what tasks you need to accomplish, so plan your tasks a day ahead and meet the new day with a smile.

Get Into The Habit

Most of us suffer from some lazy habits so it's a good idea to make a list of the effective habits that you would like to create that will help you achieve your goals and spend time using your self help motivation to practice them.

For example:

Go to bed earlier and get up earlier, have more time to yourself, learn a new language, read more, meet more people etc. Replacing the habits that are not useful with ones that are more useful will save you heaps of time in the long run.

Persist

Often, life gets in the way of our good intentions. Often fear gets in the way of our good intentions. The only way to finally achieve your goals is to persist and persist some more.

Stay Focused

Decide what it is that you are going to achieve tomorrow and stay focused on your choice. This is easy to say, but more difficult in reality. You can't do everything. That which you can't do or you dislike doing must be delegated to someone else. That which cannot be delegated should be discarded.

It is said that Napoleon Bonaparte didn't read most of his mail for at least one month. His reasoning being that if it was still worth answering after a month, it must be important.

Improve Your Education

Improve your education through self-help motivation.

School does not equip us with the knowledge to handle life. Hopefully it equips us with enough knowledge to start learning about life. Schools rarely imbue their students with the kind of knowledge that will be needed in the arenas of finance and personal growth and in these areas self-education will be paramount.

Many students who do well in school and in later life are those who learned to organize their own learning and became adept at self-study. For them, life is a continuous learning process where they will strive to understand and re-understand in order to get things right.

Here are six ways by which you can continue your self-education.

Become Engaged

Engage with those around you and let them become your teachers. Watch how children go about their daily lives. Kids aren't weighed down with the accumulated baggage of life and often go about things in an entirely and more effective way than adults. Listen to what they say and the actions they take and see if you can discover from them a simpler way of dealing with day-to-day problems.

Be Nosier

Let your curiosity lead you to new learning experiences. By asking questions of yourself and others you may discover solutions to issues that have confused you in the past. Never accept life at face value. It is by questioning that we overcome the hypnosis of social conditioning.

Read Your Way Forward

It's a great shame that many people quit reading as soon as they leave school. After all, books are a way for one consciousness to communicate with another. All of life is contained in books, anything you would wish to learn. The level of your current education merely determines the type of book you might read. The more you read, the further your knowledge will expand. It has been said that those who can read and do not are worse off than who cannot read.

Fail More

Failure is a dirty word in our society and yet without failure we cannot advance. Imagine if as a toddler you gave up trying to walk the first time you fell down! Replace the word "failure" with "feedback" and you will be much closer to the truth.

Here's the formula in a nutshell. You try. You get results. Some results are not what you wanted. Discard the unwanted results. Keep the wanted results. Try again. Discard the unwanted results. Keep the wanted results. Try again, and keep trying until you have achieved the desired outcome. Remember. Every step takes you one step closer.

Learn From Those Who Can And Have Done

One of the common traits among the self-educated is that they love to share their experiences. Whole lifetimes have been condensed into books, audios and videos. This means that you have full access to their knowledge via libraries, bookstores and the Internet and much of this knowledge is free.

Hey Teacher

Make a decision that you will use self motivation to become your own teacher and educator. No one will ever be as good as you are at teaching you. Once you have made the decision, the teaching will go along all by itself because a self-learner is not something you do; it's something you are. Make the decision and soon the world around you will become your teacher. As your knowledge and understanding expand, so will your self-confidence.

With self help motivation you can teach yourself to be all that you wish to be.

Achieving Abundance

Using self help motivation to achieve abundance is not difficult to do.

Most everybody would like to know ways of creating wealth and abundance. There has been a lot of information on this subject to be found on the Internet of late and many people are beginning to experiment with this truly useful belief system.

Here are three great tips on how to create wealth and abundance.

1... **Visit YouTube**

This might seem like a strange place to start our journey, but affirming what we want out of life doesn't have to be restricted to being written down on a piece of paper.

You will be amazed at how many videos have been dedicated to achieving abundance. Some are songs about wealth and good living while others are of the self help motivation type and these are free for you to watch and listen to as often as you wish.

Here's an example. Search for the term "**money magnet**" in YouTube and you will find many excellent videos that will help you to attract wealth.

Remember they are free to watch so take as long as you like.

2... **Positively Think Positive**

You get what you constantly think about; so don't fill your mind with negative thoughts. Instead fill your mind with thoughts of good relationships, abundant wealth, good fortune, generosity, and anything else that makes you feel good.

3... **The Correct Mindset**

In order to achieve wealth and abundance you need to surround yourself with a positive environment. Surround yourself with positive people and beautiful things. This is easier to do than you might imagine. A visit to an art gallery, or museum or a walk in the park will put you in the mood for using self help motivation to create wealth and abundance.

Becoming All You Can Be

Use self help motivation to become all that you can be.

To do something you must become something.

The Law Of Attraction

You attract that which you already have. If you have spirit and exuberance, you will attract spirit and exuberance. That which you think, feel, believe and expect will be attracted to you. If things aren't going so well for you, you might believe that this is down to ill fortune, but it's not. You are creating your reality and attracting to you that which you believe, think and feel. In order to attract the things you want you have to start to "become" the things you want.

Focus

It has been said that 90% of our thoughts on any given day are the same as our thoughts on any other day. Haphazard, involuntary, and unsupervised thought will not enable self help motivation or draw to you those things you desire. Your thoughts and self-talk must be razor sharp and focused on that which you want like a laser beam.

Avoid Negativity

Not getting what you want can be extremely frustrating and can lead to anger and bitterness which in turn can lead us into a situation in which we spiral further and further down. You must avoid negativity and that includes negative people. You must overcome fear and doubt. Surround yourself with loving, caring, supportive people.

Self Belief

You must be your own sales person. The world can only see what you show to it. You have to believe in yourself. You have to believe in what it is that you want. Expect only the best and you will attract what is best for you.

Take Control

Don't allow other people's emotions to control you. Emotion overcomes logic, so use your own emotions in a way that allows you to be in control of yourself and that enables you to take those actions that take you in the direction that you desire. This is truly using self-help motivation at its best.

Be it now

As paradoxical as it may sound, you will become the person you want to be by being that person now. If you want to attract compassion, generosity or forgiveness, be compassionate, generous and forgiving.

Feedback

Use feedback to keep yourself on track. We have a built in mechanism that will tell us if we are making correct choices and decisions. For many people this is a sensation felt in the pit of the stomach, often referred to as "gut instinct" for others it may be in some other part of the body but wherever it is it's definitely there and you would be wise to pay attention to it. Just ask yourself "If I make this choice" or "If I make this

decision, will it have a positive outcome for me and those around me". Then wait for that sensation in your body. If it feels right then forge ahead. If it feels wrong then don't make that choice or that decision. In this way you will be using self help motivation to become all that you can be.

Helping Others

Using self-help motivation to help those around you is not the same as giving advice. Many people indulge in self-advice and then ignore themselves! In this case why should others listen to us? Of course, people who don't even know the true facts of our situation often offer us unsolicited advice.

There has to be a better way.

The Road To Hell Is Paved With Good Intentions

Most of the advice we give and receive is given with good intention. It's natural to want to shield those we love and care for from hurt and pain. The problem is, no matter what trials and tribulations we have overcome in our own lives, they won't be identical to what others are going through. We may think we know all the answers but we rarely do and more often than not, we end up advising what we would do in their situation. The problem is, they are not us.

Oh. Poor You

We are raised in the belief that we should be sympathetic to the concerns of others. It usually goes something like this: "Oh poor you. We know how you feel and blah blah blah". We don't know how they feel. We are not mind readers. The only way we could know how they feel would be to be them, and right at the time when they want to unburden themselves we start to tell them about our own troubles! Our intentions are good. Our method isn't.

Walk A Mile In Their Shoes

Empathy, on the other hand is an entirely different approach. What does it mean to empathize with someone? Mostly, it means that we listen, with both ears. It doesn't mean we spend the time while they are talking thinking of the next thing we are going to say. Try to put yourself in their situation. Try to see the problem as they see it. Explain back to them what they have told you to see if you really understand what they are saying.

See It Their Way

Advice is often of no help because it is our own story and we all experience the same situation differently. We may have worked our way through the same problems but the processes we will have gone through will vary. By listening and making sure that we understand the problem from their point of view, we can help them by allowing them to solve the problem.

For example. Let's suppose that they have a problem with their boss. By understanding how they feel we can help them to use their own self help motivation and visualize the outcome that they desire. After talking it through and giving some thought to it, they may decide that they hate their job and would prefer to find another and this they subsequently do and find that they are much happier. On the other hand we may have given advice that didn't suit them that they may have followed simply because they believe that we are wiser than they are.

The Merry-Go-Round

In the majority of cases people already subconsciously know the answers to their problems. It's just a case of getting them off the merry-go-round long enough for them to realize it. Often they can't see the woods for

the trees. They go round and round in the same thought patterns never seeming to get anywhere. By listening and by making sure that we understand the problem from their point of view is usually all that is needed. Their thought pattern is interrupted and they realize the solution.

People don't want our advice. They just want us to listen. We can use our own self-help motivation to enable them to use theirs.

Summary

If you've read this far, you've got through a lot of information and you are entitled to a well-deserved pat on the back. So don't worry if all of it hasn't sunk in yet. You may need to read some of the methods several times. The guidance offered in this book is meant to start various thought processes going, for the information offered here is intended for you the reader.

Take your time, and if you find the going is getting tough, work through the following exercise.

You'll be amazed at the beneficial effect it will have on your life.

Visualization Exercise

Do you ever have one of those days when the world seems to be against you and nothing you do seems to go right?

Find it hard to concentrate and get things done?

Do you always put off until tomorrow what you should do today?

We all suffer from days like this to some extent or another and for many it's not such a big problem. Yet for some this feeling of inadequacy can be life debilitating. So, what can be done to overcome these "grey days"? What can we do to give ourselves a boost? To paraphrase the old song, how do we?

"Pick Ourselves Up. Dust Ourselves Off and Start All Over Again"?

First you have to realize that the world you live in is not "out there". Your problems do not exist "out there" and the answers do not lie "out there".

Your world exists inside your head. My world exists inside my head therefore the world we live in is personal to us and exists inside our heads.

If you doubt this, think about it this way. If you couldn't see, hear, feel, taste or smell, the world would not exist for you for it is through our senses that we interpret the world around us. This is real good news because it means that all we have to do to change our world is to change our "minds". You can use your imagination and your five senses to enable self-help motivation any time you want to.

Here's How

If you're feeling down, despondent or just can't seem to move ahead in any particular way, first make the decision that you are going to do something about it. Remember, it's your mind so it's up to you to change it.

Find somewhere where you can sit for twenty minutes that is quiet and where you won't be disturbed or distracted.

Sit straight but relaxed. Eyes to the front. Close your eyes and take a deep breath in through your nose and let it out through your mouth. Let your breath out with a sigh. Repeat this four or five times or until you're feeling completely relaxed.

Now think back to a situation where you felt relaxed, content, and happy. If you can't think of one, make one up. Perhaps you were on vacation relaxing on the beach, the sun on your face, a warm gentle breeze blowing across your body, the sound of children laughing. Whatever the memory might be, it will have certain aspects that relate to your five senses.

What can you see in your mind's eye? What can you hear? What can you taste, smell and touch?

Make this image, this picture as large as you can. Let it completely surround you.

Are there colors? If so, turn up the brightness, just imagine you have a TV remote control and press a button. Make that memory appear in glorious Technicolor. If you don't see colors, create them in your mind.

Use your remote control to turn up the sound. Feel the sun and the breeze on your face. Really feel it. Smell and taste the sea salt in the air.

Now you are feeling so relaxed. Feeling so good. But you can feel even better. Just tell yourself that you can.

While doing this, you will probably drift off into a daydream. That's good.

As you come out of the daydream, take a couple of deep breaths as before.

When you are ready, stand up and stretch your body. Take a long luxurious stretch.

After using this visualization method to enable self-help motivation, I absolutely guarantee you that you will no longer be feeling down or despondent. You will feel ready to tackle anything.

Do this exercise on a daily basis and you will be amazed at the results.

Just how good can you really feel?

Finale

As I said in the introduction to this book. I didn't suffer abuse at the hand of my parents. I was raised in a loving and caring family. I enjoyed (and am still enjoying) a good education. My early and subsequent career as a "teacher" has been a blessing to me. Yet, I have always felt that there is more to life than this.

Einstein said, " I want to know the thoughts of god. The rest are just details". I don't equate myself with Einstein, but I am on a continuous quest to be more than I am and to enable those around me (including you) to be more also, if that is your desire.

Much of my journey has been fuelled by the wisdom found in books written by those who have gone before me. My success, such as it is, I put down to their wisdom and teachings. So I have compiled a list of ten books that I believe have had the most positive impact on my life. I highly recommend them to you.

The Ten Top Books On Self Help Motivation

Here we go:

Think and Grow Rich... Napoleon Hill

Sold in it's millions, Think and Grow Rich is a self help motivation book written by Napoleon Hill and inspired by a suggestion by Scottish-American businessman Andrew Carnegie. It was published in 1937 during the Great Depression, which makes it somewhat synonymous with current economic events.

The 7 Habits Of Highly Effective People... Dr. Steven R. Covey

Dr Stephen Covey is a hugely influential management guru, whose book The Seven Habits Of Highly Effective People, became a blueprint for personal development when it was published in 1990. The 'Seven Habits' are a remarkable set of inspirational and aspirational standards for anyone who seeks to live a full, purposeful and good life, and are applicable today more than ever.

How To Win Friends And Influence People...Dale Carnegie

How to Win Friends and Influence People is one of the first best-selling self help motivation books ever published. Written by Dale Carnegie and first published in 1937, it has sold 15 million copies globally.

How To Stop Worrying And Start Living...Dale Carnegie

With Dale Carnegie's timeless advice in hand, more than six million people have learned how to eliminate debilitating fear and worry from their lives and to embrace a worry-free future.

The Power Of Positive Thinking...Norman Vincent Peel

Born in Bowersville, Ohio, USA, on May 31 1898, Norman Vincent Peale grew up helping support his family by delivering newspapers, working in a grocery store, and selling pots and pans door to door, but later was to become one of the most influential clergymen in the United States during the 20th-century.

The Seven Spiritual Laws Of Success...Deepak Chopra

In just one hour, you can learn how to realize your dreams in all areas of your life. By applying the simple principles Deepak has distilled in this trans-formative work, you'll effortlessly manifest material wealth, good health, energy, enthusiasm for life and fulfilling relationships.

The Way Of The Wizard...Deepak Chopra

The way of the wizard: twenty spiritual lessons in creating the life you want.

Creating Affluence...Deepak Chopra

Affluence is the experience in which our needs are easily met and our desires spontaneously fulfilled. We feel joy, health, happiness, and vitality in every moment of our existence. Affluence is reality, and the true purpose of this book is to give us an insight into the nature of real.

The Conduct Of Life...Ralph Waldo Emerson

Ralph Waldo Emerson (May 25, 1803 – April 27, 1882) was an American essayist, philosopher, and poet, best remembered for leading the Transcendentalist movement of the mid-19th century. His teachings directly influenced the growing New Thought movement of the mid-1800s. He was seen as a champion of individualism and a prescient critic of the countervailing pressures of society.

Self-Reliance...Ralph Waldo Emerson

Self-Reliance is an essay written by Ralph Waldo Emerson. It contains the most thorough statement of one of Emerson's repeating themes, the need for each individual to avoid conformity and false consistency, and follow his or her own instincts and ideas. It is the source of one of Emerson's most famous quotes, "A foolish consistency is the hobgoblin of little minds."

Many of these titles are now free to read or download online. An excellent place to start is:
books.google.com

I believe that in the end, self-help motivation is the most powerful way to becoming all we wish to be and that reading is one of the best ways to enable our self-help motivation.

Wishing you Health, Wealth and Happiness

Ian D. Major

Learn How To Create The Perfect Mindset
and Become All You Can Be Through Self Help Motivation

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