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web aug 2 2022 self discipline and self motivation while self discipline and self motivation are two distinct concepts self discipline is vital to maintaining self motivation it s not enough simply to be self motivated to achieve your goals you need to couple self motivation with self discipline

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web feb 28 2022 2 it makes you happier motivation builds

determination to achieve something like losing weight or securing a new job and when you succeed you feel happy with your results so if you continue to motivate yourself and set and achieve new goals you ll generally feel happier than you did before and although success is the root of

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web may 10 2023 1 define a specific clear end goal for yourself sometimes it is hard to motivate ourselves when we re unclear about where we want to go make a clear actionable end goal that you can achieve for example if you re in school your end goal might be to get into a certain college or to get a specific internship

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want to succeed you need to find a way to motivate yourself for success it s easy enough to get motivated for a short term goal but it can be harder when you re trying for something that will take a long time

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web jan 10 2022 self motivation means being driven by a personal desire to set valued goals and to focus on commit to and move toward these goals despite obstacles self motivation is necessary for many

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**17 motivational quotes to inspire**

**you to be successful** - Mar 14 2023 web nov 3 2016 1 believe in yourself your limitation it s only your

imagination 2 work hard push yourself because no one else is going to do it for you 3 don t wait sometimes later becomes never do

*the key to self motivation stay driven and meet your goals* - Oct 09 2022

web sep 30 2019 self motivation is the ability to drive oneself to take initiative and action to pursue goals and complete tasks it s an inner drive to take action to create and to achieve it s what pushes you to keep going on tasks especially those you re pursuing because you want to not because someone told you to

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web mar 9 2023 1 practice looking at the glass being half full when life is challenging this is not as easy to do if you feel like you re unsuccessfully playing dodgeball in most areas of your life practice short bursts of radical acceptance 1 and look for fine threads in your day that you are grateful for and that bring you happiness