



Five Practical Notes On How To Be A Better Person

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Web Design Imagineers brings you another in its mini ebook series. This one is a little longer than its predecessors and hopefully will assist you in your day to day life.

1: The keys to self improvement and self motivation

What are these three keys?

1. INSPIRATION.

Inspiration is critical to staying motivated and improving oneself. If you are not interested in your business, your motivation level will never be high and you will not be able to sustain interest for very long.

Take an honest look at your inspiration level. Are you excited about going to work or is it an obligation? You would be surprised at the number of people who choose a business that looks good on paper, but in reality does not interest them in the least.

These individuals will grow weary and uninterested pretty quickly because they have no inspiration or passion to sustain them during the difficult times they will encounter as a small business owner.

If you do not like your work, then think how you can re-focus your small business to better match your needs. Or consider making a change entirely. Without inspiration, they will not be motivated to even try.

2. SETTING GOALS.

Short and long-term goal setting is vital for any business owner. If you do not set goals, you would have no definite purpose on which path of self improvement to take.

How could you possibly be motivated if you were unsure about the direction of your company?

Take the time to put your goals in writing. A business plan may sound daunting, but it is really nothing more than goals, strategies, implementation and a budget. Write your own business plan and update it at least annually.

Include "mini-goals" that can be accomplished in a matter of hours, days or weeks as well as the more ambitious "grand-goals" that may take years to complete. Refer to this plan throughout the year.

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But can a business plan really help motivate you? Of course. Written goals will make you feel more professional and certainly more connected to your business. It will also free you from having to reinvent your business goals every single day.

3. NETWORKING.

Another key factor in getting and staying motivated is networking with other small business owners. No one person knows all the knowledge.

However, when a number of people begin working together, the challenges will just be there waiting to be conquered.

In fact, the isolation of working alone is of one the most difficult parts of being an entrepreneur. You can never be on your way to self improvement without the help of others. Mutual support is motivating.

Make it easier on yourself by connecting with others either in your community or online. Even when businesses are not related, you will often find common ground and ways to work together.

Many successful entrepreneurs report that finding the right networking group was a turning point in the growth of the business. Working together, a networking group can help its members generate more qualified sales leads and solve problems faster and more efficiently.

Sharing ideas, expertise and experience is also an invaluable aspect of motivation and self improvement. Your own personal team of business owners will help re-energise you when the burdens of running your own business seem too much.

With your networking team to rely on, you can accomplish more in less time and probably have more fun in the process. You will feel motivated to accomplish self improvement when you know you are not alone.

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2: Focus on your mental and emotional side

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Not everyone believes this but the emotional and mental aspects of a person, when combined, leads to better self improvement.

Emotions love to dominate our actions and reactions, even though we do not want it to happen sometimes. The society often see emotions as a sign of weakness, so people are used to putting them aside and focusing on the rational aspects more and more.

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No matter how strict and logical you may be, you will always feel. One way or another, someone or something will get through you.

Positive emotions are a lifelong goal for many of us concerned about emotional health and self improvement. What is more important; the amount of money you made during your life or the times you laughed out of sheer joy?

People tend to put their positive emotions behind their negative feelings. This is one of the biggest problems that people come across during their lives.

There is no clear way to ignore a negative experience and try to replace it with a positive one. Life just does not work that way.

For example, when you were a child, if your goldfish died, you would have been heartbroken. Your parents would probably buy you another goldfish but the sorrow would still be there.

Things get even more complex when you become an adult. A fight with your spouse the night before will affect your entire day. You will go to work angry, tired, and your mind will wander. On the way home from work you will not notice the sun shining and you would not be tempted to stop at a roadside stand to pick up some fresh fruits and vegetables.

All this because that one negative thought has contaminated the way you perceive the reality around you.

In this moment you will realise finding a safe place to relax your mind will do wonders for your emotional and mental improvement.

That place is relatively easy to find. It can be an actual place or an imaginary location. The best idea is to totally lose yourself in it.

Let us say you have a problem on your mind and it just would not go away. Go bowling. Do not know how? Just give it a shot.

Get caught up in the game. Your mind will drift away from the negative thoughts that dominated your last hours or days and start processing a whole new kind of information.

A safe haven can take many forms. It can be a song, a movie, even a person or animal. The main thing is allow yourself to get completely involved with this new activity.

You might still get flashes of the problem every now and then. Ignore it and get even more absorbed in what you are doing.

When the bowling game, the song, or the movie ends you will abruptly return to reality. You will probably want to retreat back to the safe place. Do not do it.

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The safe place exists only as a helping hand, not as a solution to your life's problems, may it be a small or big. It serves only as an escape route.

You will return from your safe zone with an increased energy level. You will feel better about yourself and gain more confidence. You will see that any issue can be resolved.

This is how a small escape from a harsh reality can increase your emotional and mental health. Try to do this often and you are on your way to better self improvement.

3: Self improvement advice - free of charge

If only self improvement advice was free and scattered around everywhere, then there will be no problem regarding life, happiness and success. But then again, this is life. And it does not work that way.

What would you do if you are trapped in an environment that you do not want to be in? What if you are sick and tired of your job?

What can we do to solve this dilemma?

It is possible to take inspired and motivated action to survive your present situation and live the life you always dreamed of.

It is not that easy though. You will have to come out of your comfort zones to discover potentials and opportunities waiting for you. You have to conquer your fear and take calculated risks. You have to stay focused and persevere despite the difficulties you will encounter.

Success does not come easy. It takes heart, passion and time. Experience is also a factor. The learning you get everybody becomes your foundation. These are the things we do not need to pay for.

You have to work harder, dig deeper, and sacrifice more to attain your ambitions. But no, you do not have to hate the world and feel bad when you encounter difficult situation. Just remember the Law of Attraction. If you hate the world, the world will hate you back.

What can you do? Below is some free advice to help you when facing difficult situations in life. It will also serve as your guide to improve yourself.

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1. Learn to love your current situation. See all the positive sides of life. Be enthusiastic. Love your boss, your co-workers, your family, your friends, and even strangers that you meet on the streets. It may not be easy, but nothing is impossible with a strong will power. Just do not fall in love so much that you totally forget about your dreams. Love, but try to hold on to reality.

2. Balance is the key. Dream and take some positive action to move you toward your goals. Take it one step at a time.

While you are slowly starting on the long journey to success, be patient and be as enthusiastic as possible. Do not hurry up too much that you totally forget how to enjoy life. Appreciate the beautiful things you will encounter on the journey.

One day, you will finally attain what you have always longed for. But when that day comes, do not look down on those who belittled you. Forgive and forget.

3. Stay humble. Do not criticise others when you see that you are becoming more successful than they are. Try to help them. Inject your positive aura into their personalities. When you give, you will yield back equal or greater rewards.

4. Are you ready to begin the journey? Start it with the courage and desire to improve your life. Survive and go through it with persistence, enthusiasm, and positive thinking. Finish it with a resounding bang of accomplishment and with the desire to help others succeed as well.

There are many other self improvement advice resources. Take note that you are not alone. There are others in much more difficult situations. There will never be a shortage of free advice about self improvement from other people. They are only too happy to help.

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4: How to Motivate Yourself Forever

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Just as willpower is an essential factor in achieving success, at some point in time, discouragement and lack of motivation may hinder you from reaching your objective. And it is up to you, and you alone to devise techniques that will help you keep that drive within on fire.

It is helpful to have visual goals. Whatever it is you are working towards, make it visual. It maybe something material like a car, or a holiday you have been looking forward to for a long time.

Take or cut out a picture of it and post it at a conspicuous place at work or at home where you can see it often. So that when you feel discouraged, this will remind you of your goal and will help you keep you focused.

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Make a contract with oneself. According to motivational researches, people who write down to-do-lists are far more triumphant in achieving their intended goals than those people who just keep mental lists instead.

Putting something in writing somehow makes it more powerful psychologically speaking. This may also be the basis why most cultures have such a high regard in honoring contracts. In the contract, you may also include a certain reward that you will give yourself once you have accomplished the task.

After all, everyone likes to be rewarded for completing a good job. Even a simple pat on the back, "good job", or "thank you" may do the trick to give the person the additional push to carry on, but unfortunately, these may not always be readily available. Considering that these are also essential in keeping oneself motivated, you must learn to find a way to get that encouragement on your own through pleasing yourself.

Abusive people lower your self-esteem and bring you down. Get these negative people out of your life. Surround yourself with positive people. Imitate their example. Smile amply and think happy thoughts.

These will give you a brighter outlook and lets you see a clearer picture of what you really want and a fresh mind to know what steps to take to get there. Rather than wait for things to happen, try to be proactive and MAKE THINGS HAPPEN. Inactivity idles the brain and stagnates your potential to reach your goals.

Read inspirational books and literature. These will help you improve your attitude and heal your mind. A book of success stories also proves to be encouraging. You will not only learn from others' experiences and derive confidence boosting insights from them but the story will be instrumental in motivating you to go for your goal and move ahead with your plans. If this still seems to falter, get training or education.

Often, not knowing how or where to start is frustrating. Knowledge is power. Having a clear understanding of how and where to start is empowering and it will provide the extra drive needed to hit the mark you are aiming at and follow it through.

Having enumerated all these tips and tricks to attain self-motivation, but still you seem to feel lacking that much needed drive, there is one last thing that you must try.

Whatever it is that you have been meaning to do, or wanting to achieve, JUST DO IT! Keep on aiming high and go for it! Actually getting your hands dirty best solves the problem of motivation. By "forcing" yourself to just do it, your momentum will pick up gradually as you go along and before you know it you have finished the task or have finally achieved your goal. Divide and conquer is the key.

Break down the apparently unattainable activity to small do-able steps. Not only does it become less overwhelming, but seeing the "in the meantime" results will further your confidence that it can indeed be done.

Lack of motivation happens to us all, but if you do not encourage yourself to accept opportunities and be challenged, no one else will. It is most important to keep your eye on the goal, find ways to keep going,

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And if at the beginning you were just doing it for the material reward, you will also learn to realise that the fulfillment, satisfaction and self-achievement you derive from reaching your goal is a much enjoyable high that will keep the drive within constantly burning.

5: Psychological Self-improvement: Ways to overcome fear

People are usually afraid of negative things. They are afraid of self-improvement because of this fear. Psychological self-improvement may help you in this situation.

In psychological self-improvement, The best way to remove this fear is to understand that life is always in the cycle of ups and downs. No one is permanently up or permanently down. Remember that no one can avoid these ups and downs even the most envied Hollywood stars.

What we should do about these downs is to learn from it and not to avoid it. We should learn how to handle our problems for our psychological self-improvement.

Problems affect us every day. These problems bring us misery due to the fact that we have feelings. We should never lose hope in figuring out solutions to these problems. All we need is to learn how to overcome it and not to be overcome.

Problems can never be overcome but we can learn from them. This is where Psychology plays an important role.

Psychologists say that we should always be careful in our decisions concerning our problems. We should handle our problems properly and learn how to deal with it. Learning from mistakes helps us in preparing ourselves for psychological self-improvement

There are a lot of myths about every event in our lives is due to pre-determined reason. Another belief says that what we encounter in our lives today is our preparation for other things that may come in our lives. To understand what may happen to us in the future, we must learn from the present.

With all that, it is also true that the unexpected can happen anytime. However, you should keep in mind that a psychological self-improvement is not always for the worse and consequently, you must never let go of a chance, because you are afraid to take the risk.

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Remember that, from time to time, something has to happen in order to free you from monotony, so you shouldn't be surprised if, at a certain moment in time, instead of being afraid of change, you desire it with all your heart.

If there are some things that hinder you from going on, here are some tips to help you move forward: Just think of the positive impacts results from the psychological self-improvement. Know important they are and reflect on how to increase them, by adding some other good aspects, which need certain assistance.

Try to picture somebody else in your situation, as picturing ourselves in a less desirable position, always looks more dramatic than it really is. If you realise that the other person can handle the change, you can be sure you'll be able to handle it as well. This is a good psychological self-improvement.

Think of the worst situation that can result after the self-improvement. Try to find various solutions to it. Reflect on how much you can loose, if the worst happened, and how important those things are to you. If you find more than one reasonable solution, you are safe and the self-improvement can't be stronger than you are!

Self-improvement is not bad at all. All we need is to learn how to handle some negative changes. We should also reflect from it to learn and use it in the future events that we may encounter.

This could be your ultimate psychological self-improvement.

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6: Meditation

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There are particular moments in life that when you wish you could depend on anybody's self improvement advice. But even if they gave it to you with the best intentions, in case anything goes wrong, you are always going to blame those persons.

That is why specialists strongly advise you, every time you find yourself at a crossroads, to always take the decisions by yourself.

The question arising is: how can we know how to take it and which is the best solution?

No matter how young or old you are, you must have got to a point in your life when you have to take a big decision, which will probably affect your entire existence.

There is no doubt that there are certain moments in life when you feel helpless and disoriented and believe you could use some self improvement advice in order to figure out how to proceed with your life.

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The answer is never simple. However, there is one piece of self improvement advice that can be of great help and employed regularly will have great results.

It is called meditation and it has been used for centuries in certain rituals and by ancient civilizations. Even in old and famous books, like the Bible, people are invited to meditate, to discover and fight the evil in us and by knowledge to gain control over our decisions and our lives.

How do we proceed when meditating?

First of all, you need to be away from any source of distraction. You cannot analyse your deepest feelings and thoughts and watch a movie at the same time.

Secondly, you need to ask yourself a series of questions that will help you to better determine who you really are. The questions should relate to everyday aspects.

What do you like doing?

What made you most proud of yourself during your entire life?

What is it that you always wanted to do and you never found the time?

What role does money play in your life?

What is it more important for you, your family life or your career?

How much do you depend on others?

If you are worried about a certain decision, let all the questions be related to that issue. If you are just confused when asking the questions, think about the common topics that one has to deal with during his life.

Do not forget to write down the answers. Try to concentrate and to be sincere. After all, nobody will judge you.

All these questions will help you determine exactly where you stand and what is it that you want from life. All you have to do is to get the right interpretation of your own replies.

In order to do that, help yourself to a cup of tea or your favorite coffee and take the time to analyse them thoroughly. Mark, with a red pen, whatever you find pride worthy answers and with a black one the things that do not make you proud.

Post the list somewhere where you can see it more than once a day, or post it in more than one place.

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You will notice that, step by step, even unwillingly, the black things on your list will start turning red. Do not forget to renew the list when most of it has turned red! It is the best way to always be aware what your expectations from life are.

Take this simple bit of self improvement advice and see the positive results for yourself.

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