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03_CHARACTERISTICS OF MOTIVATED PEOPLE_En_100323.pdf

A composite image featuring a portrait of Henry Ford on the left. To the right of the portrait, the text reads: 'Failure is only the opportunity to start over in a smarter way.' Below the portrait, a short biography of Henry Ford is provided. In the bottom right corner, there is a small image of a book cover titled 'MY SUCCESS IS YOUR SUCCESS' and the website 'WebTechPublishing.com' is listed at the bottom.

Henry Ford.
American industrialist, business magnate,
founder of the Ford Motor Company, and
chief developer of the assembly line technique
of mass production.

Failure
is only the opportunity
to start over
in a smarter way.

MY SUCCESS IS YOUR
SUCCESS



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WHAT ARE THE CHARACTERISTICS OF MOTIVATED PEOPLE?

So, have you ever wondered if you are highly motivated, or someone who is not?

Motivated people come from all walks of life. It can be anyone who is driven by a clear goal and has a burning desire to achieve their dreams.

Motivation is what drives us to achieve our goals, feel more fulfilled, and improve our overall quality of life. Understanding and developing your personal motivation can help you take control of many other aspects of your life.

People who believe they can improve themselves have an evolutionary mindset above all else, and they are much more likely to succeed in any field they choose.

A growth mindset is therefore an important element in a personal desire to succeed. Other elements of personal drive include organization, especially good time management and avoiding distractions.

There is plenty of evidence, albeit largely anecdotal, that goal setting is important for our overall well-being. For example, Albert Einstein reminded us; if you want to live a happy life, tie it to a goal, not to people or things.

Most of us need to aim for something in our lives. Knowing where you want to go and understanding how you plan to get there is the key to staying motivated.



To do this, it is necessary to consider helping you in your quest for success, to develop a spirit of initiative. Initiative is, in fact, the ability to take advantage of circumstances when they arise, and it is too easy to hesitate and then the opportunity may be lost.

However, the old saying, look before you jump, makes perfect sense. It's important to think things through and make sure you're making the right decision for you, while considering the other people involved.

The initiative can therefore be seen as a combination of courage and good risk management. Risk management is necessary to ensure that you identify the right opportunities to consider, and that they present the appropriate level of risk for you.

Courage is needed to overcome the fear of the unknown inherent in new circumstances. However, the initiative cannot take place without a touch of optimism accompanied by resilience.

Optimism is the ability to see the bright side of things or to think positively. Resilience is the ability to bounce back from setbacks or stay positive in the face of challenges. The two are closely related, although not exactly the same.

Resilient people use their thinking skills to manage negative emotional reactions to events. In other words, they use positive or rational thinking to examine and, if necessary, overcome reactions that they understand, may not be entirely logical. They are also willing to ask for help when needed, as well as generously offering their help to others in need.

Here, we must understand that wishing to be motivated, or even to improve your personal motivation a little, will not happen overnight. There are a lot of skills involved and you can't expect to develop them all instantly. However, a better understanding of the elements of motivation, and especially their combination, should help increase your skills.

Just remember that Rome was not built in a day: think about progressing over a long period and in small steps!

People who have achieved extraordinary success in life are extremely motivated people. They live a passionate life, they work tirelessly on their goals, and they are always on the move no matter what.

Some of the questions you will need to ask yourself are for example, are you absolutely clear about what you want? Can you always live your purpose? Will you always be passionate and full of energy? - They are many other questions that you will need to understand.

Furthermore, you will need to cope with unrealistic expectations with a new job, a new relationship, we've all been there. We are so eager to get things done. All the ideas swirling around in our heads now have the chance to come to life.

However, this impatience never ends well. What usually happens in such a scenario is that we start out with unrealistic expectations. We always want to be perfect and never make mistakes.

Though, that just doesn't happen. To achieve this, we must not forget that we must spend a lot of time and energy. Therefore, we inevitably fall short of expectations.



We always need a plan. When we're too excited to start something new, we often don't come up with a plan.

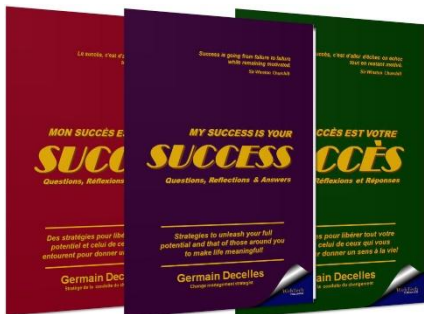
We go headlong into it thinking we can catch up as we go along, but, from experience, it ends up making us inconsistent. Not having a plan leaves a lot of room for things to go wrong. And, after a while of struggling in the dark, the work becomes too overwhelming and then you end up giving up.

Taking the time to develop a plan allows you to take appropriate action and when to execute it. Such an elaboration allows us to put into perspective, to follow our progress over time to obtain success.

Keep trying and try again until you succeed. Success doesn't come easily, so quitting early, is a sure way to fail. Simple, when doubtful just think of the car maker Henry Ford « Failure is only the opportunity to start over in a smarter way. »

The main thing, remember that all of this will take a lot of hard work, but it will be the best investment you've ever made to help you succeed. Take the time to learn the ways of motivation and you will find that your days are more fulfilling and produce more happiness and above all, will show you the way to success.

Find out more about how to « motivate yourself, then motivate others » with *My Success Is Your Success*. The book through questions, quotes and reflections provides the necessary elements to explore all about motivation so to shape your success and help those around you do the same. Remember that success is all about team efforts!



This 404-page book, available in French and English, is the fruit of forty years of experience acquired with local and international organizations and companies and during consultancy, change management, transition, and marketing services. For more information and to consult the flipbook, go to: www.webtechpublishing.com.

About the Author

In addition to writing, Germain Decelles acts as Change Management Strategist. He has over 40 years of business and consultation experience with local and international markets, including sectors such as retail trade, distribution, information technology and communications, transportation, manufacturing, financial services, and government organizations.



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