

Why only few people stay Motivated & What you can do about it?

By Abhishek Srivastav

Motivation - As crazy as it sounds.

Falling down tragically at any venture in our life is one of the most agonizing, embarrassing and scariest human experiences. But it is also one of the most educational, empowering and essential parts of a happy and successful life. An inspiring slogan that sparks motivation – **‘Under adverse circumstances some people break records while others break themselves.’** Dear Reader, Go and check out the life history of any individual or organization that has extraordinary accomplishments. You will find that they have become successful in spite of the tragic circumstances not in absence of them. Tragedy is a sign of life. As long as you exist, tragedy will also exist. There is only one place in this universe where you are free from all the tragedies. That place is cemetery! The bigger the tragedy, the greater the opportunity. Your attitude towards tragedy determines the altitude of your life.

I do agree with you that sometimes in life, tragedies engulf us so heavily as if everything is shattered. Catastrophes block our mind, pain becomes ruthless. Having been severely wounded by the unpleasant occurrences of life, you feel so low and depressed. You have to suffer terribly for no fault of yours. Consequently, you begin to lose faith in yourself. You start doubting your originality. Your belief system becomes weak. Your value system goes low. But my dear friend, you know something – **“WINNERS HAVE DEEPER LEVEL OF FAITH IN THEMSELVES.”**

The most powerful 5 lettered word in the English dictionary is **FAITH**. Have faith in yourself. A man with a strong resolution & an unshaken faith always succeeds. Your faith to persist in the face of adversity and ability to bounce back after a temporary setback will assure you success. Remember! Trials in life can be tragedies or triumphs depending on how we handle them. Think creatively, learn from mistakes, take coachings, talk about “how to’s ” and with constant practice you will master the art of motivation.

You must be thinking – **“Abhishek, You don’t have the idea how dreadful my situations are ; You don’t know what kind of mental trauma I have been facing ; You will never understand how much I have sacrificed and suffered ; You can’t imagine the loss I have put up with.”** And your list is endless..... !!!

I will just ask you one question – ***“Are you the first or the only person on this planet who has experienced such a tragic situation ? ” You Decide !***

Being a Motivational Speaker, Student Coach and a Breakthrough Strategist I want to give you some practical steps to help you to break the shackles of depression and stay motivated.

1. Help the Helpless : When you genuinely help the helpless and weak selflessly , you feel positive and your self-concept becomes strong. You stay motivated. There is a profound science behind it.

2. Associate with Positive people : Tell me your friends and I will show you your future. Jim Rohn says – We are an average of five people we keep around ourselves. A person’s reputation is not only judged by the company he keeps but also by the company he avoids. Get rid of toxic people. It’s better to be alone than to be in a bad company.

3. Set goals : ‘Aiming small is a crime.’ The aim of one’s life should be to reach one’s full potential in body, mind, heart and spirit. You must have an aim, a goal in your life. You must be thinking – “What is a goal ?” A goal is a dream with a deadline, a direction and a clear plan of action. Setting goals, challenging yourself and putting in efforts will keep you motivated.

4. Read Books : This topic I am so intimately concerned with that I can never stop myself to talk about it. Still I shall be precise. Books make us mentally rich and emotionally strong. It makes us happy and contented.

“When I reached the age of 17,I had one great companion. That companion was nothing but great books. Throughout my life, books enriched me. I would strongly suggest and recommend all of you to read good books till the last breathe of your life.”

Dr. A.P.J. Abdul Kalam

I think , this statement of Kalaam Saheb speaks everything. Read good books and you will see a tremendous positive change within yourself.

5. Negative Reinforcement: Those who are humiliated, those who are put down, those who are insulted, can create history. You can rise from rags to riches depending on the kind of attitude you have towards your insults, towards your rejection, towards your humiliation. Put all those insults in front of your eyes like a mirror and keep reminding yourself that your success is the greatest revenge. Set your soul on fire and do whatever it takes to achieve that goal.

Before I put my pen down, I want to share the priceless words of advice of **Gandhiji's mother** to her son. She said,“ Son, in your entire life time if you can save or better someone's life, your birth as a human being and your life is a success. You have the blessing of the Almighty God.”

I think every one of us should think how we can evolve ourselves to save or better someone's life.

MAY YOU LIVE YOUR LIFE PASSIONATELY WITH AN EMPOWERING PURPOSE!!!

Emotionally Yours
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