

THE SCIENCE OF ACHIEVEMENT AND MOTIVATION

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Abstract: In this article, you will be informed about not only how you can reach successful performance on your work or studies but also some top achievement motivation. Hope, it can be useful instruction in your life.

Key words: achievements, goals, performance, confidence, successful teaching, set up deadlines, daily plans, motivation, imagination, celebrations success, planning stages.

We have so abstractive powers that they can transform our life. Do you know such a power exists? It is called goal. Goals can help you to get in shape, increase your finances, learn new languages and, finally, create your business life. However, some goal-settings can also leave you evil such as stress disappointment. The difference between success and reverse is related to how the goals are defined. Done wisely, here are tips which can be experience not just successful, but making you feel happy and positive. Have a spectacular reading!

Seek knowledge, not results: If you aim to the pleasure of discovery, improving and experimenting, your motivation will always be fueled. If you focus only on outcomes, your achievements will be like weather. As Albert Einstein said “Life is like riding bicycle. To keep your balance, you must keep moving”. So, you always concentrate all your attention on improving your knowledge. Then success will follow you!

Target for hard but believe to achieve it: According to psychologist Edwin Locke’s research on goal-setting there is a U-shaped relationship between difficulty and performance. It means that goals which can be gained easily lead to weak efforts. So, try to do goals that are hard.

The key headline here accents that goals need to not only hard, but also believable to be efficient. Firstly, the easiest way to achieve your goal is to believe in yourself. It can be said as conclusion for this factor, the best goals to set are those that demand effort from you, but you are confident you can achieve if you put in the effort.

Deadlines are toxic for creative problem-solving: There are such problems that they demand more time for solving. In tasks require complex thinking or creative work, goal-setting can have an adverse effect. Because these activities require the full use of your working memory. It is known for all that the amount of thinking we can keep in our mind at a time is unrealistic. Threat, worrying, temerity all may hurt creative solution. You need marshaling motivation to get rid of threat.

Stop being nice to yourself: Motivation is something that drives you to achieve results. but not always our goals are met as we think. In such situations, people become self-centered which leads to their weakness. time is getting selfish. Stop being kind to yourself too. Start being exacting to yourself. After all, you can rule the whole world. Because you are braver than you believe, stronger than you seem, smarter than you think. Do your bests!

In conclusion, hardships pull you to the side of advantages in your life. They help you be in shape, be perfect in your sphere. Our purpose in linking this article is to help you find your worthy position in society as much as is feasible. We hope that your achievements in your dream will come true with the help of our motivation.

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