

## Good Health includes a Positive Attitude

What are the secrets of getting and staying positive and motivated? Have you ever wondered how people that you admire stay enthusiastic about their life, able to make positive changes to their help and pumped up to improve their diet and lifestyle? Some of the ways they do it is by investing in themselves by seeking ways to renew their spirit, expand their knowledge and make positive behavior changes to benefit themselves and others.

Anyone can do it by following some tips to help you stay motivated. Remember, every step you take not matter how large or small can make a positive difference.

1. **Invest in Yourself.** Build up your personal value by taking time to learn. Attend seminars, listen to tapes, read a book, and/or get a degree that will help you to climb up the ladder to success.
2. **Set Goals.** Give yourself time to achieve. Begin with simple goals and then progress to longer goals. Achieving goals will help you feel accomplished and positive.
3. **Reward Yourself.** From the very beginning decide on some tangible steps that will justify yourself getting rewards. As soon as you get one of the planned results, take time to reward yourself. Take time to savor the good feelings and come from achieving your goals.
4. **Don't be Lazy.** Every time you put something off for later, you move one step down from your goal. It is important to stop making excuses and just do it. Trying to achieve what you want takes time and it isn't easy. Setbacks happy, but if you look at things for the long term. For most of us it takes patience. Perseverance matters.
5. **Don't Give Up.** You can't control everything in your life. If you experience a lack of motivation, don't give up. You still have a big goal that can still be achieved. Don't lose sight of the long term goal and how much you want it. Motivation never ceases and is a lot of hard work.
6. **Make it Fun.** When it comes to motivation attitude is everything. Different people may have completely opposite feelings towards the same task: some will hate it, others will love it. Find ways to make it interesting; have fun and the positive environment will lead to better results.
7. **Take Responsibility for your Own Results.** How can we stay motivated if our success or failure is outside of our control? When things are out of our control, we have power over the situation. When we have power, we can stay motivated.
8. **Love What You Do.** Nothing great has ever been achieved without enthusiasm. Practice it daily and get excited about your life. Motivation comes from within and you are the only person that can determine what is to become of your life.

Source: Rutgers Cooperative Extension