Everyone needs to be motivated at one point or another.

No one is immune to the feelings of sadness, loneliness, or even laziness. When faced with these feelings or when you feel like your energy is lagging, try reflecting on these motivational quotes to give you the push you need to refresh your spirit.

Let’s begin...
Many people wonder how they can become successful. This quote explains what becoming successful means in the most simple terms. Truly successful people have integrity, a strong work ethic, a desire to succeed, and tenacity to keep working even when it seems that things aren’t going well. They don’t give up easily, rather they keep moving forward regardless of the number of times they are knocked back.

✦ Be honest
✦ Work hard
✦ Don’t give up

**Self-Reflection Questions:**

I. Do I always act in an honest way? Do I show integrity?
II. Do I give my employer an honest day’s work for what I’m paid?
III. Am I determined to succeed without giving up?
If we’re honest with ourselves, this quote will resonate within us. We are often known by what we do, not what we say. If we are consistent in our actions, especially in our work ethic, people take notice.

Don’t do a good job, do a great job! Your consistent behavior in your life translates into excellence, and that is what your employer rewards.

- Be consistent
- Do a great job
- Do more than expected

SELF-REFLECTION QUESTIONS:

I. Am I consistent in my actions?
II. Do I do my best work each and every day?
III. Am I providing my employer with excellence rather than mediocrity?
You can’t always wait for success to come to you. You have to be proactive to ensure that you will attain the success you desire. Take the initiative to do more than what is expected of you each day. Be excellent in your work so you will be noticed. Then, when the opportunity presents itself, take the steps you need to make the most of it.

✱ Be proactive.
✱ Always take the initiative.
✱ Do what you can to make opportunities happen.

SELF-REFLECTION QUESTIONS:

I. Am I aware of the opportunities around me?
II. What will I do to create new opportunities?
III. What additional tasks will I take on so I can excel in my life?
Many people are so focused on achieving their goals that they don’t enjoy the process or the journey along the way. Yes, it’s true that we set goals with the hope that we will achieve them, however there’s more to life than merely meeting a goal. We must become better people as we strive to meet and exceed the goals we’ve set for ourselves.

- Set attainable goals.
- Work hard to achieve those goals.
- Take the time to learn and grow along the path to your success.

SELF-REFLECTION QUESTIONS:

I. Am I aware of my growth as I work toward my goals?
II. Have I set attainable, realistic goals?
III. Am I determined to follow through at any cost?
You can get everything in life you want if you will just help enough people get what they want. – Zig Ziglar

This idea may seem unusual especially since many people are only concerned with themselves. The truth is, if you reach out to help others attain their goals, they will be more willing to help you reach yours.

There’s an old saying, “What goes around comes around.” You may be surprised how true this is.

- Be helpful when others need it.
- Maintain an attitude of abundance and community.
- Accept help from others when they offer it.

Self-Reflection Questions:

I. Am I only concerned with myself and my goals?
II. Am I willing to help others, even if it won’t benefit me?
III. Do I allow others to help me?
Setting an example is not the main means of influencing others; it is the only means.

– Albert Einstein

It should always be our goal to do our best, and in doing so, set a positive example for those around us. If we strive for excellence in every task, our results are sure to be noticed. Becoming a positive role model will also influence and encourage those around us to follow suit.

✦ Make the commitment to give your best in all you do.
✦ Maintain a strong passion and drive.
✦ Set an example because it’s the right thing to do.

Self-Reflection Questions:

I. Am I setting a positive example for others?
II. What can I do to encourage others to follow my lead?
III. How can I be a stronger role model for my family?
What lies behind us and what lies before us are tiny matters compared to what lies within us.

– Ralph Waldo Emerson

It’s important that we look backwards to realize where we’ve been and how we’ve reached this point in our lives. It’s equally important to look forward to the future. We want to set goals that we hope to attain. What’s most important, however, is the person we are when no one is looking. That is our true self. Hence we need to strengthen ourselves from the inside, out.

🔹 Look to the past for your foundation.
🔹 Look to the future and set attainable goals.
🔹 Look inside to see who you truly are.

**Self-Reflection Questions:**

I. Do I dwell on the past or learn from it?
II. Do I set goals for the future?
III. Do I seek to improve who I am on the inside?
When you’re just starting out, some people may tell you that your dreams are far-fetched. Instead of listening to people who can’t see your vision or don’t believe in you, find people with a vision of their own. By spending time with visionary people, you can learn how to become all you dream to be.

- Stay away from people with no vision.
- Share your vision with those who have their own.
- Reach for your goals despite what others say.

SELF-REFLECTION QUESTIONS:

I. Do I have a clear vision of my future?
II. Do I dwell on criticisms?
III. Am I surrounding myself with like-minded, positive people?
Take the first step in faith. You don’t have to see the whole staircase, just take the first step.

– Martin Luther King Jr.

When we’re just starting out on our own, taking the first step may be unnerving. We have to remember, however, that we don’t have to see the whole future spreading out in front of us. We have to take the first step toward our goals whether we can see the next step or not. If we can’t take the first step, we’ll get nowhere standing still.

🌟 Set goals and know where you want to go.
🌟 Take the first step in faith.
🌟 Keep walking so you can reach your goal.

Self-reflection questions:

I. Do I know what my first step is?
II. Am I willing to keep moving forward even if I don’t know the path?
III. Who can I take with me for support on my journey?
Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.
– Stephen R. Covey

It would be great if we could catch motivation from others, but that’s rarely the case. Others can encourage you to achieve your dreams, but the motivation to actually follow through must come from within. You have to want something so badly that you’ll do whatever is necessary to succeed. Only you can fan the flames of motivation, no one else can do it for you.

✦ Decide what it is you want.
✦ Determine how to achieve that goal.
✦ Don’t allow others to talk you out of it.

Self-Reflection Questions:

I. Is what I want important enough to keep working and not give up?
II. Am I motivated enough to continue despite hardships?
III. Will I make the firm commitment to continue toward my goals?
If you don’t believe in yourself, no one else will either.

You have to convince yourself that you can do anything you set your mind to. If you can create that strong, unwavering belief, you’re more than half the way toward achieving any goal you set.

✦ Fully envision the success you desire.
✦ Be convinced that you can do anything you set your mind to.
✦ Surround yourself with a solid support system.

SELF-REFLECTION QUESTIONS:

I. Am I convinced that I can do anything I try to do?  
II. Am I willing to strengthen my weaknesses?  
III. Am I determined to succeed no matter what obstacles I may face?
Anyone can do something when they WANT to do it. Really successful people do things when they DON’T WANT to do it.

- Dr. Phil McGraw

It’s amazing to see how many people are eager to succeed in life, but they’re often unwilling to do what is necessary in order to actually become a success. Yes, there are going to be things in your journey that you don’t want to do. Take a deep breath, accept what you have to do, and then do it to the best of your ability.

✦ Take the bad with the good.
✦ Do the best you can in every task.
✦ Don’t slack off on the grunt work.

Self-Reflection Questions:

I. Do I always work to my best ability?
II. Have I put off tasks I don’t want to do?
III. What will my perseverance prove to myself and others?
You’ve had one of those days where everything seems to go wrong. How do you react when that happens?

How you conduct yourself when things go wrong says a lot about you. Choose to be proactive rather than reactive to whatever life may bring. It can make all the difference in how your day ends up.

✧ Be proactive, not reactive.
✧ Don’t take out frustrations on others.
✧ Keep smiling no matter what life throws at you.

SELF-REFLECTION QUESTIONS:

I. Am I merely reacting to what happens or am I proactive?
II. Do I look on the bright side regardless of what’s happening?
III. When things go wrong, do I tend to take it out on others?
There’s a huge difference between knowledge and experience. Education is important, but if you don’t apply what you’ve learned, your learning has been in vain. It’s also great that you’re willing to do something that may be difficult, but if you don’t follow through with the required actions, then your willingness is meaningless. You must step out of your comfort area and act when necessary.

✦ Knowledge is not enough.
✦ Willingness is not enough.
✦ You must apply what you know and act on it.

**Self-Reflection Questions:**

I. Do I apply my knowledge to any situation I face?
II. Will I honestly do the things that I say I’m willing to do?
III. Do I step out of my comfort zone to do what is necessary?
We all need some extra motivation when things don’t turn out the way we want them to. Ultimately, we must decide to find our motivation – whether from these quotes or from our inner spiritual strength – to spur us on to action and success. It’s only when we quit that we truly fail.

Make the *choice* and *commitment* to go forward and succeed!