

10 Ways To Stay Motivated When Negativity IS All Around You

There are times when negativity seems to surround you, suffocating your dreams and destroying your hope. When that happens, many go through their day being soaked with the negativity and accepting it as their life. While you can't always control what happens to you, you can control how you respond to it. Seek to create a positive environment around yourself and you'll begin to become more motivated to achieve your dreams and goals.

Here are 10 ways to stay motivated through hard times:

- 1. Have an attitude of belief.** You will get what you expect.
- 2. Take control over what you can, and stop worrying about what you can't.** Some things are within your control, while other things are not.
- 3. Read and listen to positive information.** If you fill your mind with uplifting and inspiring information, it will keep you motivated.
- 4. Be with positive people at all times.** Negative people and conversations will have you focused on all the wrong things and may take your focus off of your goals.
- 5. Speak positive affirmations.** Words have a creative strength. Regardless of what is going on around you, speak out loud what you want to happen.
- 6. Learn from your mistakes, instead of repeating them.** We all make mistakes; the key is to take your 'messes and turn into messages' and keep on moving.
- 7. Make a plan.** There is a popular quote: "If you fail to plan, you plan to fail." When you take time to plan, you allow yourself to think and visualize through the entire process from beginning to end.
- 8. Celebrate accomplishments, whether big or small.** Always take time out to celebrate.
- 9. Build a support team.** Having the right team in place to help you is crucial to your success.
- 10. Rehearse your victories.** Oftentimes we forget how far we've come and the goals we've already accomplished.