

wanted to be a doctor and you would have spent many years studying to get your qualification. Money might have been an issue. If you were determined enough, nothing would stop you from getting that education and career. You would find something to do to pay your college fees. Your goal would be in front of you all the time and your motivation would be rock solid.

Unless your job was chosen to keep your parents happy, you made the decision about your career. That choice of career or job determined the type of income you are earning now. If you are stuck in a low paying job, it is because you haven't been motivated to get a better job. You might need to have some training or more education, but changing careers to improve your financial condition or job satisfaction can be accomplished at any time or any age. All you need to do is to want it enough to go get it.

Do you actually know what your goals are? Many don't. Do you have any idea what you want in life? Not what you are going to settle for, but what you really want...what lights your fire? If you don't know the answers to those questions, then you will need to spend time deciding what you want and how you plan to get it. What type of changes do you need to see in your life? If you don't know, you need to find out, otherwise you will remain the same, with the same results.

Write your goals down and put them in order of importance. Keep a copy and read them often. This practice promotes focus and that is the energy behind motivation. If your goals change, or you achieve one of them, make a new list. Keep the old ones in a drawer or notebook so you can actually see your progress. This simple exercise will keep you on track and is a blueprint for your success. It also is an extremely positive reminder that will reinforce your mental mantra: ***"I am a success!"***

Challenges are part of life and facing them squarely with a positive attitude will not only make you a better person, but will actually make you a problem-solver. All successful businessmen or women know how to solve problems and how to take action to avoid those same problems in the future. Most weren't born with that ability. They had to learn it by creating solutions when they needed them. You can do that, too.

When you think about all the things you wished you had done in your life up to today, do you regret missing good opportunities? Most of them are probably long gone and you might as well forget about recreating them. What would be a productive replacement for those regrets is to put together some new things you want to do with the rest of your life. Maybe