

TOPIC: SELF MOTIVATION AND PROGRAMMING MIND FOR SUCCESS

Students, examination is fast approaching. Exam fear – the fear one fears. How many of you want to avoid failures? And how many of you want to seek success?

I have some questions for you related to your successful examination outcomes.

✓ Can you believe that you can do it?

Those of who believe that they can be successful think so because they have the required *content knowledge and skill* to achieve it.

✓ Do you think it will work? That is you content knowledge and skill are sufficient to obtain success.

If you are confident about it, it is because of your *training*. The special coaching and drilling and practices you have undergone.

✓ Is it worth it?

This is a vital question. Because it directly addresses the consequence, it speaks about your *motivation*.

So children, our *common sense will lead us to make healthy choice*. If you desire for positive and pleasant consequences you will remain self motivated.

So, *what you communicate to yourself determines your success*.

It's time you tell yourself time and again, 'I *am competent. I believe in the training I receive and I believe that it will be worth it, in the end.*'

The 4 Cs of your success – Competence, confidence, choice and communication.

Now let's understand how to programme our mind to success. Can our minds be programmed? Can it be brought under our control?

Step 1. Analyze your thoughts. What do you think? What kind of ideas occupies your mind? Are they happy ones, do these thought make you feel bad about you, make you lazy, make you sad. Just observe the thoughts you have about studies, exams.

Replace those thoughts with positive thoughts. Here is a technique. The times your mind wanders into such thoughts, just tell aloud to yourself, '*Stop*', Just '*cut*' bond between your emotion and thought.

Step 2. Now replace it with visualizations. Visualize your success, your passing the exam with flying colours, you distributing sweets and being congratulated by everyone. You may also imagine your name in the merit board of the school, your picture published in newspapers, poster bills. (Help them visualize) Visualize this as often. Before you go to

bed. As soon as you wake up. Before you study. After your study. Feel this happening. Your visuals will become a reality.

Step 3. Prepare a goal board. Hang it right in front of you? Set for yourself high targets. Also tell yourself “*I will make it happen*”.

Success is not an accident. It happens on purpose. You make it happen. Your destiny is determined by the choices you make. Success starts by exactly knowing what you want to achieve? Why you want to achieve – not for me or anyone else but for yourself. So children make your destiny, choose now, and choose well.

All the very best.

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PHOTOS

