

Living Your Best Life Through Motivation

BY [Coleen Douglas- Guest Blogger](#) Posted [November 05, 2021](#)

Even in the hardest times, when we feel we have reached rock bottom, we are able to push ourselves beyond boundaries with motivation. Motivation provides the inspiration for human beings to change their behaviours towards positive goals. Whether you are motivated intrinsically (engage in an activity solely because you enjoy it and get personal satisfaction from it) or extrinsically (you do something to gain an external reward), motivation is vital to helping us adapt to changing environments.

We have collected some motivational quotes (some you have seen already) for you and trust that they serve to inspire you to meeting your goals, accepting change, or living your best life!

1. The greatest glory living lies not in never failing, but in rising every time we fall." Nelson Mandela

This quote by Nelson Mandela is a motivation to all of us who have failed at something and has had the courage to pick ourselves up and try again. Success is not about getting it right at first but consistently doing our best and overcoming the obstacles along the way. Nelson Mandela's rise from to President of South Africa after twenty-seven years in prison is certainly an example of this quote from him.

2. "It is during our darkest moments that we must focus to see the light." Aristotle

When things are going well, we automatically feel happy, and everything seems easier to do. The reverse is true for our darkest days, and it is in these moments that we must see the light and hold on to hope. In these dark moments stay focused on the good in your life and you will definitely see the light.

3. Once you choose hope, anything is possible

This quote like the one above is a promise that HOPE makes all things possible. Hope is seeing the light in the darkness. The scripture Jeremiah 29:11 gives us hope - "'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future.

4. Courage is the little voice at the end of the day that says I will try again tomorrow

Courage is perhaps one of the most admired virtues a human being can exhibit. Courageous people are often rewarded with honourable mentions or recognitions. Many of the heroes of our past are recognised as such because of their willingness to stand up amid battles, fight for what they believe in regardless of the consequence. It takes courage to pick your self up after failure and try again.

5. Look for the good in every moment. Watch it grow and be thankful.

As we navigate a pandemic and the inherent changes in our lives as a result, we must pause to acknowledge all the

good it has brought us despite the many inconveniences. We can choose to be grateful for the opportunity to share with others all over the world via the various online platforms as opposed to lamenting about travel restrictions. We can choose to be thankful for more time spent at home with families than worry about not being able to go the cinema. There is good in everything, we just need to look for it and be grateful. Paying attention to what is positive around us, allows us to feed the positive vibration and be less concerned with what is not working for us.

Motivational quotes assist us in maintaining a positive and healthy mental state. Reading a motivational quote daily will certainly go a long way in changing your outlook, how we think, feel and behave. What motivates you?