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You make me believe in myself

"You make me believe in myself. And I love that." When he or she makes you believe in yourself. When your partner is someone who makes you feel stronger, more secure and more powerful. That's the way a good relationship should be like. When you make each other feel stronger. If you like this quote and if you love Lovable Quote with all our quotes about love, happiness and relationships for him, her and couples - then make sure you follow us over here: Instagram, Facebook or Pinterest and tumblr This "You make me believe in myself" quote (text and image) is copyright © Lovable Quote 2017. All rights reserved. Learning how to believe in yourself will open up endless possibilities in your life. At times you may find this difficult to do. The truth is that we've been conditioned throughout our lives to doubt ourselves. We must retrain ourselves to get rid of our fears and self-doubt in order to build self-esteem and self-confidence. Everything you have in your life is a result of your belief in yourself and the belief that it's possible. Here are the four most important steps to learning how to believe in yourself. Practice them and you'll be amazed at the results: Believe it's possible. Believe that you can do it regardless of what anyone says or where you are in life.Visualize it. Think about exactly what your life would look like if you had already achieved your dream.Act as if. Always act in a way that is consistent with where you want to go.Take action towards your goals. Do not let fear stop you, nothing happens in life until you take action. Let's take a look at each of these steps. . Believe it's Possible: You Always Have a Choice In order to believe in yourself, you first have to believe that what you want is possible. Scientists used to believe that humans responded to information flowing into the brain from the outside world. But what we now know is that instead, we respond to what the brain — based on previous experience — expects to happen next. In fact, the mind is such a powerful instrument; it can deliver literally everything you want through the power of positive expectation. This is the importance of always holding a positive expectation that what you want is going to happen. It is simply a choice and a discipline of the mind. LEARN MORE: Breakthrough to Success CASE STUDY: Zander Fryer and The Power of Believing It's Possible Zander was an ordinary person, but he made the extraordinary decision that has led to him leading an extraordinary life. Zander worked for a large tech company whose technology was used by Disney, Facebook, NBC, DirecTV, and at 27 years old he decided to quit his job. After reading the Success Principles, Zander realized that his job really wasn't for him. His mentor asked him, "What would you do if you couldn't fail?" Zander immediately said that he would be a trainer and a mentor to others. Watch Zander's powerful testimony below. Does Zander's story sound like you? Do you know that you need to make a change? Do you feel like you're stuck in your job or feel like you're unfulfilled in what you're doing in your life? Zander believed it was possible first, leaned into his dreams, and his path to success created itself. During my Breakthrough to Success Training, I'll teach you how to believe that whatever you want it possible. I'll show you how to live your purpose and fulfill that empty feeling you may have been experiencing. Visualization: See What You Want, Get What You See By adding a visualization practice to your daily routine, you will naturally become more motivated to reach your goals. You'll start to notice you are unexpectedly doing things that move you closer to your ideal life. Suddenly, you find yourself volunteering to take on more responsibility at work, speaking out at staff meetings, asking more directly for what you want, and taking more risks in your personal and professional life - and experiencing bigger pay-offs. One way to do this is with a motivational vision board. A vision board is a graphic representation of exactly what you want in life. You look at it every day. Use it to visualize exactly where you want to go. Acting as if: Where Do You See Yourself in 5 Years? One of the most effective ways to establish a success mindset is to act as if you are already the kind of person who has created the ideal life you want to live. Ask yourself: If you had already achieved your dream, what kind of person would you be? Who would you have as friends? What type of clothes would you be wearing? How would you act? How would you treat others? Would you tittle a portion of your income to your church or favorite charities? Whatever actions you identify, start taking them now. By acting "as if," you will become the kind of person who is capable of creating the kind of success you want - and this will trigger your subconscious mind to find creative ways to achieve your goals. Using SMART goals to define target times is even more effective in this manner. You will start noticing anything that will help you succeed. Best of all, you will start acting on these opportunities, because you will have the confidence that your efforts will yield great results. CASE STUDY: Jake Heilbrunn and the Power of Acting as if Jake realized that he had chosen a path that didn't align with what he really wanted. He decided to take a leap of faith and pursue his dream of traveling the world and helping people. Jake hopped on a plane to Guatemala and spent four months teaching English to children. He found a sense of peace and purpose within himself. Listen to his testimony here: Take Action Toward Your Goals I've noticed this is where a lot of people get stuck. You can understand all these principles, and you can set your goals, and say your affirmations and do your visualizations, but ultimately nothing happens if you don't act on them. The biggest reason most people don't achieve their goals and realize their dreams is that they don't take action, and the number one reason people don't take action is fear. And, what I tell them is that fear is normal, and as soon as you experience fear, you need to take action. CASE STUDY: Austin Bauer and the Power of Taking Action Austin was living a pretty good job and had a good life. He realized he was in a career that he didn't want to be in. His mentor told him that he couldn't run from his problems, what he realized was that he needed to find a community of like-minded people and attend Breakthrough to Success. Ultimately Austin was empowered to be himself and live a life that made him happy. Listen to Austin's story here: Take Action and Join Me Live! Now is your chance. If any of these stories inspired you, it's time for you to take action. I want you to join me for my Breakthrough to Success Live Training. Remember, when you believe in yourself and believe success is possible for you, and take action on that belief, your life will begin to magically unfold. And you'll discover that the universe will guide you and support you. Consciously and subconsciously you'll begin to recognize opportunities that you would have normally not seen in the past. I want to tell you about an opportunity that can help you jumpstart that breakthrough in your life. Now it's your turn to experience those same breakthroughs to be yourself. I want to strongly encourage you to take the next step today and join me for this live training. I will personally be leading every session of this experiential training. It's not a pitch fest or sales seminar disguised as something else. It's truly a unique, 5-day live training with me, where I'll take you in-depth through all of the concepts and strategies we barely scratched the surface of today. During my Breakthrough to Success Live Training Event, I'll teach you how to believe that whatever you want it possible. I'll show you how to live your purpose and fulfill that empty feeling you may have been experiencing. If you have put your passions to the side for too long, or you have yet to find them, at Breakthrough to Success you'll learn how to find your passion by aligning it with your personal and professional life. With my help, you'll begin to create new successful habits that replace the ones that no longer serve you. And by learning how to more skillfully apply the Law of Attraction and taking more inspired action, you'll attract the people, wealth, and abundance you deserve into your life. Most importantly, you'll learn to listen to your intuition, be more positive and mindful each day, and have the power to ask for what you want, making you unstoppable in any situation. Thanks for reading about how to believe in yourself and for more information on Breakthrough to Success, click here. You May Also Enjoy: Visualization Techniques to Affirm Your Desired Outcomes: A Stop-by-Step Guide How to Meditate for Clarity, Intuition & Guidance Using the Law of Attraction for Joy, Relationships, Money & More Last Updated on August 19, 2021 Motivation in the workplace is a big topic, more so right now due to the Covid-19 pandemic and the onset of the "new normal" working environment. Motivation is featured highly on every leader's agenda as the quick transition to working from home (WFH) took place, coupled with the mass adoption of digital forms of communication as the main point of connection. There has been a shifting landscape as the tectonic plates of aspiration, value, and meaning collide with what motivates individuals and teams in the workplace. In this article, I will talk about how to improve individual employee motivation and how to improve team motivation, as what motivates a team to high performance can differ from that of an employee. Now, let's dive into what's really going on. Here are three powerful ways to improve employee motivation post-pandemic. 1. Give Employees Autonomy I think a large majority of companies have missed a golden opportunity to build trust during the pandemic and subsequent new normal era. Instead, they chose to focus on measuring productivity and quantifying efficiency over autonomy and trust. As a result, they inadvertently squandered the opportunity that was in front of them. At the same time, for the employee, the veil has been lifted, the curtain pulled back, and the magic has worn off. However you want to look at it, the shift from 9 to 5 office culture to WFH has left many employees wondering why—why did I tolerate the long commute to the office? We're all those in-person meetings necessary? Work-life in the 21st Century has been put under the microscope and scrutinized because of a virus. Employees are often packed like sardines into hot and sweaty train carriages or sitting motionless in rush hour traffic for hours on end, not to mention the pressure of carefully planning the day's outfit all just to be seen working at the desk and readily available to anyone who wants to stop by for a disruptive but well-meaning natter. While the move to WFH has provided some additional benefits, such as more time with family, a more flexible working location, no commute, and casual dress, it has also caused some issues to show up. These issues relate directly to business stress and health. They include increased expectations around being available beyond the scope of normal working hours, being hyper-visible online, answering Slack messages at the drop of a hat, increased use of urgent language, and daily video training calls scheduled intrusively throughout lunch breaks. All of which to say, work-life balance and personal power have been compromised, and a huge opportunity for increased focus and motivation are missed due to the factors I'll explain below. The Home Has Become the Office Society is working longer and harder than before and finds it harder to switch off because now, the office is also the home. Managers who understand that the boundaries between personal and professional have been violated and understand that working from home isn't necessarily ideal will get the best from their employees. Managers can be more thoughtful by showing respect and awareness of the situation, such as cramped home environments (not everyone has a home office), children causing general disruption, managing household visitors from cleaners, parcel deliveries, and grocery drop-offs, combined with the added pressure to always be available online. To motivate employees, where possible, allow them to gain freedom over their daily work. When employees feel trusted to make decisions and operate independently, it promotes feelings of well-being and self-confidence. A 2020 study on the future of work showed that with covid-19 and the new normal, more people than ever are moving jobs for autonomy and flexibility. "People want to control when they work, where they work, and what they're working on," says Arvind Malhotra Professor of Strategy and Entrepreneurship at the UNC Kenan-Flagler Business School. The upshot is that the level of autonomy that employees experienced during the pandemic has, in turn, led to changes in employee expectation around the degree of autonomy that they expect going forward. Simply put, employees now value autonomy more than they did in the pre-pandemic era. Therefore, companies that adapt to this will inevitably attract the best talent by default. Those that don't will lose out, and rightly so. This new outlook on life is also impacting the way employees view the traditional working hours of 9 to 5. Business owners must now consider rethinking this paradigm as it allows employees to complete work in blocks or batches, which is more convenient for the employee. In essence, autonomy in all regards is now the attribute employees are prioritizing and can be used as a method of motivation. 2. Go Deeper Taking it a step further, feeling valued as an employee and respected for who you are as a person beyond your role at the company is poised to become a key factor in motivation in the workplace. People want to feel understood, valued, and respected. The introduction of "slack time" (i.e., letting employees focus on projects outside the scope of their normal role, e.g., developing a side project, learning to code, or picking up a language) has been adopted by many of the major tech players for some time. When companies embrace the pursuits and endeavors of the individual beyond the workplace and promote them internally, it makes the employee feel valued and in turn creates meaning. This should not be overlooked. The value of doing meaningful work is what it's all about. I have experienced this myself working for Playground XYZ, the innovative attention-based mobile company headquartered out of Australia that readily embraced my role as an author, entrepreneur, and mentor, which made it such a privilege to work for them. When meaning can be attached to the job, it promotes a huge win for the company as employees identify more deeply with the products they are representing, the values of the company, and its core mission. What companies should consider as it relates to employee motivation levels is the optimal level of side-project time to boost motivation in business. Does 10% make an adequate difference? How about 40%? Whatever the percentage is, companies that can praise employees' talents at the individual level and showcase them as valued members of the team will thrive. 3. Be Mindful When Using Technology Zoom fatigue? We've all been there—a series of grueling back-to-back Zoom calls, flickering eyelids, the mental fog at the end of a long day fuelled by caffeine and inhaled lunches, and the urge to write just one more email. But stop—this is not what the future of work will look like. There is a dire need for the consideration of building a "technology detox" into the normal routine of the working day of every employee so that it is adopted and becomes common practice. Mindfulness in the workplace is another method of improving engagement, cognitive focus, and productivity. The mistake is reconciling that longer hours equal greater results. Instead, having flexibility around walking meetings, in-person catch-ups, and time away from the requirement to be contactable boosts positivity and makes employee motivation levels soar. Imagine if every employee felt this burst of life. The pandemic has shown that work can be done outside of the office, but there is a giant opportunity waiting to be unlocked. Those companies that find the appropriate balance will prevail. Improving Team Motivation in the Workplace Now, here are two important points to consider for improving team motivation in the workplace. Doing the Opposite This might sound counterintuitive, but it works. Yet, so many leaders get this wrong. The principle is that when you're winning, it's time to drive the team harder and when you're losing, it's time to show reliability and understanding. Why then do so many leaders fail to put this into practice when it truly matters? Most leaders panic when they see falling revenue numbers and instead of adopting a nurturing growth-centered presence, they go on a rampage, micromanaging and haranguing, destroying momentum, and creating a pressure cooker-type environment, which only serves to stifle and demotivate the team further. I encourage you to try out doing the opposite if your team is currently behind on their numbers right now. Follow this strategy, and see how your attitude changes the results and goes a long way to building the momentum back up. Notice how new information flows to you and fresh insights that would previously have remained hidden are suddenly revealed by the team. It takes courage to do this, but it demonstrates trust and empathy from which a newfound team dynamic can be developed. This is the glue that forms a strong bond between team members and their manager, which in turn promotes sharing of ideas and culture. At times of heightened stress, motivate through encouragement, learning, and growth. The last thing your team needs is for you to turn into an overbearing manager who displays your stress levels for all to see. This is poor leadership. The best leaders can control their emotions while giving employees what they need—a helping hand to understand that they will rise to the top through preparation and a solid plan of action. Maintaining Core Values When employees understand and operate by the company values, they have a road map, a battle plan, a way to make decisions that frees them from the mental overload of decision paralysis. When company values aren't clear, made obvious, or ingrained, the culture of the organization will suffer dramatically. It will be lifeless. Values are the rudder in the water that directs the wind in the sails and serve as guiding principles that must be taught, repeated daily, and lived by. Ask yourself this, "what do we stand for?" If you can't answer this from a company perspective, then you are rudderless and when the storm hits, be prepared to take a battering. More Tips on Motivating Employees Featured photo credit: rawpixel via unsplash.com you make me believe in myself when nobody else can help lyrics. because you make me believe in myself. because you live because you make me believe in myself

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