

# KNOW YOUR REFELCTION



Knowing yourself is the very first thing for self-motivation. In ancient Greece, the philosopher Socrates famously declared that the unexamined life was not worth living. Asked to sum up what all philosophical commandments could be reduced to, he replied, "Know yourself". Self-awareness is really important. It can unlock your motivation . First of all, before reacting to a situation, you need to judge the situation well. Always try finding out the positivity in everything. I am sure that not a difficult job. Most of all, try avoiding the stress of any form. You are responsible for your emotions. Hence you have to decide whether to feel anxious and nervous or grateful and blessed for whatever is coming your way! You have to monitor yourself. Recalling the achievements of the past, your mental and physical states etc. In addition, keep faith over yourself. Know that you can work hard for your wellness and contentment. Instead of setting role models for yourself, be your own role models. For the same, know your best parts and the ways to keep yourself happy. Positively motivate your skills by providing right exposure. Creativity will amuse you. Do what your heart says its good. you are solely responsible for your own emotions. Develop an amazing surrounding for yourself. The times can be frustrating often. Anger is a negative emotion that affects your progress. Recognise the power of your thoughts. Furthermore, believe in yourself that you can be enough to handle your own emotions. Positively motivate yourself to avoid irrational beliefs and people. As a result, you shall be able to gain control over your temper. Behave well with others. Choose your real friends and don't make too much "show off people" whom you call

friends, they will use you but never won't be a friend. Aid yourself in doing so by spending time with yourself. Take care of your health. Mental health and physical health are combined together. And remember, sometimes 'abstract' is the way. Knowing yourself can lead you to motivate yourself to do the good things you desire. Know yourself to know the world.