

## Personal motto for personal effectiveness and professional excellence

**M**ost of the business leaders attribute their outstanding success to their "Personal motto". Personal motto is a self-directed, self-motivating, positive affirmative statement that will help you to be more active, alert, smart and enthusiastic, when you are under pressure, stress or strain. This self-directed, purposeful affirmation helps you to regenerate yourself from tension and worries. It is a self-fulfilling self procla-

### Negative emotions

People who manage negative emotions are people who develop a will power based on personal belief system to overcome setbacks and adverse circumstances.

Those who fail to prepare a personal belief system are the people who fails to manage organisational problems.

Mental preparedness is the key to manage issues effectively and efficiently. If you are well prepared with a self motivating, self-directed personal motto, it will act as a deep-rooted

belief system and will help you to face challenges with boldness and courage.

A personal motto will also act as a buffer against self limiting beliefs and self defeating behaviour. Enthusiasm is not merely an outward expression. It works from within. Enthusiasm is born out of your enthusiastic feelings and thoughts.

Most of the people are letting the fear of failure to hold them back. They lack self-confidence, determination, boldness and courage.

Those qualities can be developed through your self directed personal belief system.

If you cherish a bold, ambitious, courageous "Personal motto" you can manage your negative emotions well!

When you are under stress, when you are depressed, when you are faced with problems, think like a winner and repeat your personal motto silently over and over again.

When you repeat your personal motto silently again and again, this self suggestion will

### Here are few personal motto of some outstanding personalities

**"Victory,! Victory!, Victory!"**

**"I am active: I am alert."**

**"I am first: I am best"**

**"I will win: I will win"**

**"I will win: I will shine"**

**"I am steady: I am ready"**

**"I am healthy: I am wealthy"**

**"I will work: I will shine"**

**"I am strong: I am sound"**

**"I am bold" : I am brave"**

**"I am fit: I am fine"**

**"I am steady: I am strong"**

**"I am positive: I am dynamic"**

**"I am active: I am alert"**

**"I am sound: I am systematic"**

**"I am effective: I am efficient"**

**"I am effective: I am excellent"**

**"I am positive: I am productive"**

**"I am pleasing: I am pleasant"**

**"I am happy: I am healthy"**

**"I am unique: I am special"**

**"I think positively:  
I act positively"**

**"Success! Success! Success!"**

**" Victory! success! achievements!"**

**"I am very effective, efficient and excellent."**

**What is your personal motto?**

