**SELF-MOTIVATION**

Self-motivation is essential to excel in life, but how is it done? Try to keep your spirits up even in poor circumstances. There is no other way to overcome difficulties and do not become discouraged.

*The question is: how do you motivate yourself?*

Here are several tips for effective self-motivation:

* Try to have a goal to inspire you to always do your best even in difficult circumstances.
* Be eager to succeed.
* Run your own race – do not compare yourself with others.
* Do not quit when you meet obstacles along the way and let go of the past.
* Have a dream - a big dream.

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*Main heading: bold, underline, centre ✓✓✓*

*Alignment: full justification (even left and right margins) ✓*

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*[10 marks for manipulation]*