



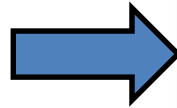
جامعة قطر
QATAR UNIVERSITY

KEEP GOING

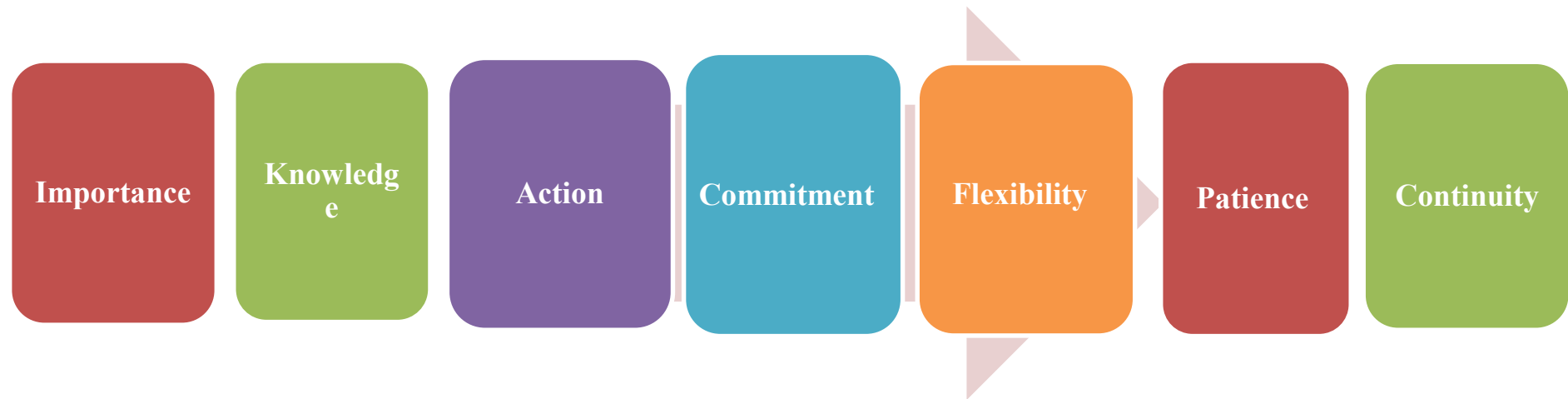


Positive self-talk

- Think
- Feel
- React
- We all go through difficult times in our life



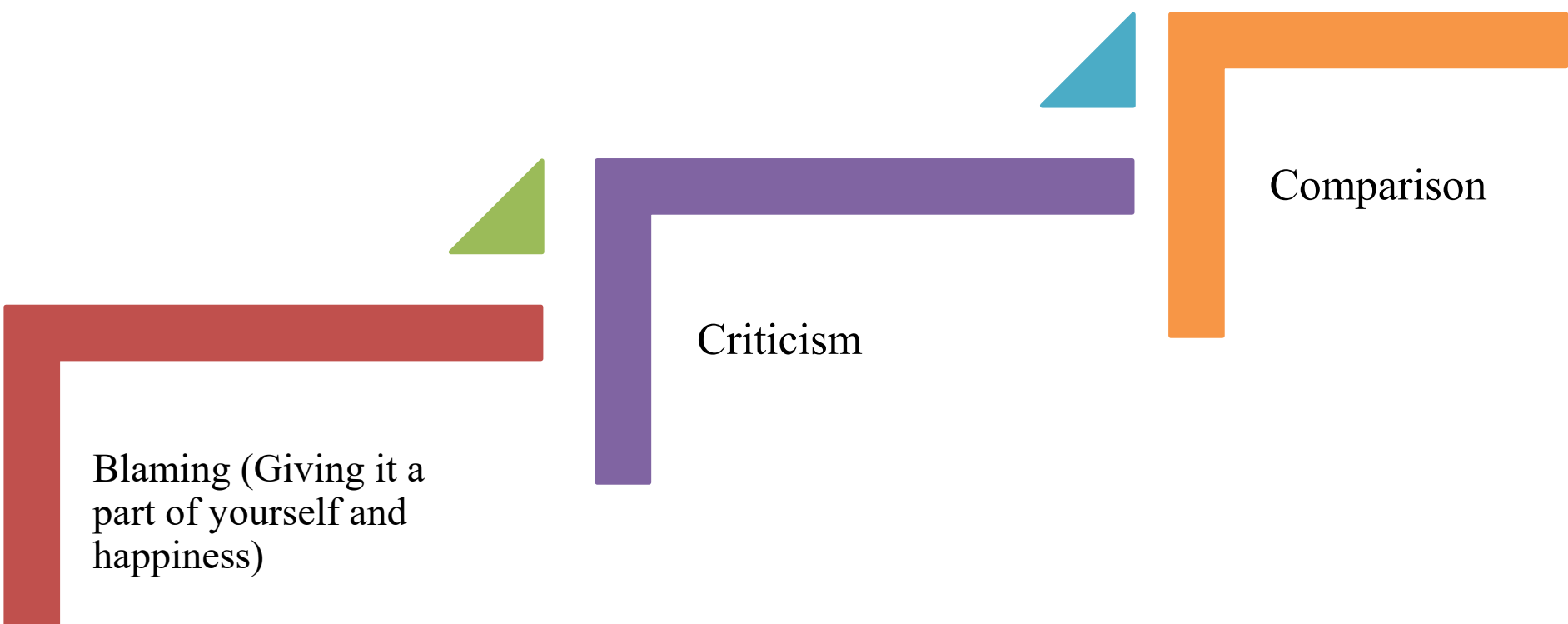
A human can do whatever s/he wants, conditioned to:



I control my mind, so I am responsible of my actions consequences



Three things to be cautious about



Blaming (Giving it a part of yourself and happiness)

Criticism

Comparison



Motivation and its types

Internal motivation

...it's the generator inside us that keeps us moving regardless of the external factors.

External motivation

...that we get from our surroundings.



Focus on your role

Don't focus on other people's part...out of your control.

Take the initiative and focus on your part...it's under your control.



Think about yourself and try to detect what went wrong
in the first time.

We can't take the same route and expect different
outcomes.

Find out the reason and think of alternative ways





Habits are the things we do repeatedly. Most of the time we are hardly aware that we have them.

Do we make the habit, or does the habit make us?



Focus on the effort...not the results.

No time for blame, guilt and negativity.

Store your energy and use it in the right way.

The result



Conclusion

