



GMAT Motivation

Studying for any test is hard. Studying for the GMAT is no exception. Day- in day- out sitting at your desk, learning concepts you may find dull, struggle with or simply have no idea why you would ever need to know this in real life can become increasingly frustrating. This frustration is amplified when you find yourself forcing to give up the opportunity to socialize, watch your favorite TV show or have a beer.

However, there are various strategies to help keep you focused, and not only focused but positively motivated and excited about the GMAT test ahead of you. This upbeat attitude is incredibly important, as it will make the task at hand seem less intimidating, reduce procrastination and help increase the effectiveness of each hour of study that you put in. So, what are some of the ways to keep yourself motivated for the GMAT test preparation?

1. Visualization

One key principle to remember is to keep your dream in mind at all times. This is known as visualization. The end goal should be the first thing you think about when you wake up, the last thing you think about when you sleep, and you should remind yourself of it at least once every hour that you study. Visualize every aspect of what you are hoping to achieve. Close your eyes. Visualize your ideal score on the computer screen in front of you. Imagine the emotions you would feel when this comes true. Live this moment.

Next, imagine being in Business School. All the amazing people you will suddenly have connections with, the opportunities that will automatically be presented to you. How do you feel? Enjoy that feeling. Now envision where these opportunities could take you- the many paths that simply having an MBA and the network you achieved in Business School could unfold for you. Suddenly, the work you are putting in to your GMAT preparation no longer seems like such a waste of time does it?

"If you change the way you look at things, the things you look at change."
- Dr. Wayne Dyer, Author and Speaker.

If you don't feel too embarrassed, share these visions with a friend, sibling or partner. They may share your excitement, and it will all help realize that this process is

becoming very "real" and within your hands grasp. Another idea is to display images of your ideal GMAT test score, MBA School of choice and images associated with business school and the paths you wish it to lead to on a wall near your study desk. Never keep your mind off the prize!

2. Believing in Yourself

Next, if your self esteem is taking a blow after all these practice questions and tests, we need to fix that straight away. Having confidence in your ability is just as important as your ability itself.

"The number one problem that keeps people from winning in the U.S today is lack of belief in themselves."

- Arthur L Williams (billionaire insurance executive and founder of Primerica Financial Services)

This means that NO MATTER WHAT, you need to have faith in your self. It is one of the best tools in your arsenal. It is free and it doesn't take much effort. Simply raise the belief in yourself, and you will study more efficiently and confidently.

"Whether you think you can, or think you can't, you are usually right".

-Henry Ford, American Industrialist.

"Champions aren't made in gyms. Champions are made from something they have deep inside them a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than the skill."

- Muhammad Ali

3. Mentors!!

If you are still lacking the motivation to get on with your GMAT preparation because of this mountain that stretches before you, talk to people who have taken the GMAT test/ attended Business School before you. Just talking to them about what they are doing now should inspire you to go ahead and get on with it with a new spirit. Reach out to people you know, or ask your immediate network of friends for introductions to

their networks. Sometimes, just simply meeting and talking with new people can be inspiration in itself.

4. Balance

Allow yourself some balance. Take study breaks. Make sure you have relaxation tools at hand. Make sure you are comfortable and have some "rewards" to look forward to after you have tackled your goals for each day. These are a good motivation to get going. Remember that studying for the GMAT should not equal slogging. Whilst you undoubtedly need to put in the effort to get a good GMAT score, the task at hand should be handled strategically.

"Do not confuse motion and progress. A rocking horse keeps moving but does not make any progress."

- Alfred A. Montapert, Philosopher.

And finally..

5. Talk it out!

Any period of frustration in your life should be talked through with others, and any difficulties in motivating you to study for the GMAT should be tackled in the same way. There are thousands of other people in your position, putting in the hours in order to get into their dream Business School and get their MBA's. Talk to them. Find out what they are doing to relax. Talk through strategies but don't get caught up in it too much; equally don't spend too long on the forums, just long enough to know that you are not alone. These people are forfeiting a beer with friends to achieve their bigger goal as well. Take pride in the fact you are investing in you, and remind each other of that regularly. You can find others who are driving towards their dream GMAT scores in <http://gmatclub.com/forum/> and <http://www.beatthegmat.com/forums>.

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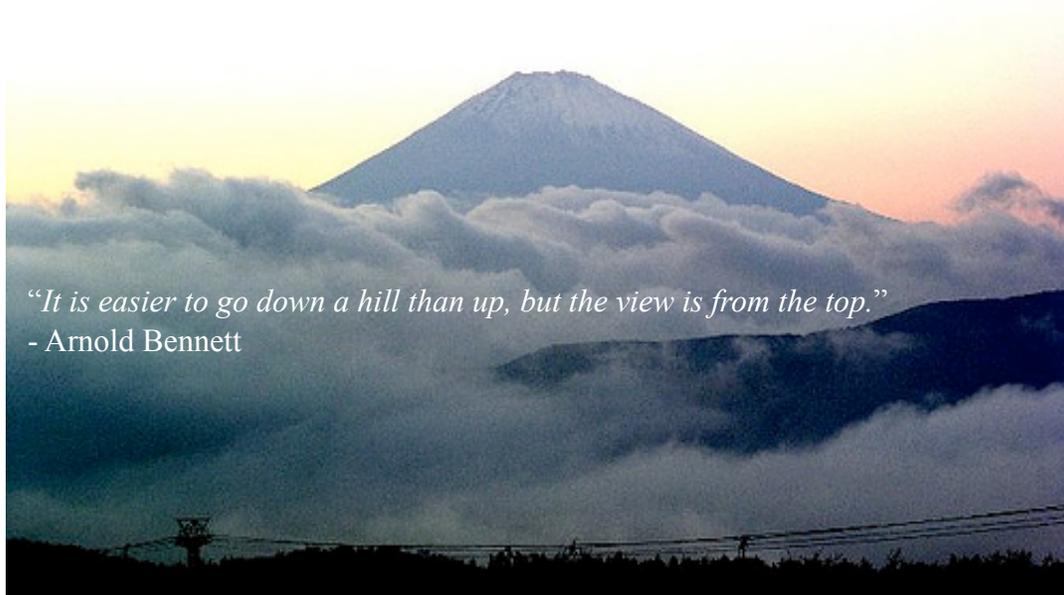
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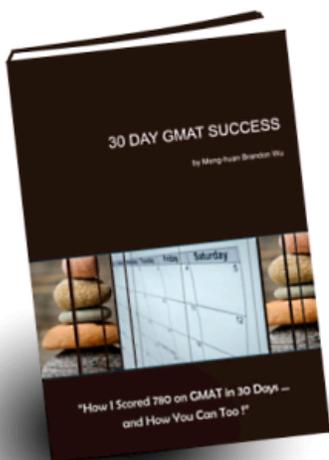
by Brandon Wu (GMAT Score: 780, 99 percentile)

Now, go get that fantastic GMAT score by feeling psyched about your GMAT preparation and where it is going to take you! And one last quote to keep you going...



"It is easier to go down a hill than up, but the view is from the top."
- Arnold Bennett

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