



Motivating Yourself (and maybe others)

Do you know how to motivate yourself? First, let's get it clear. no one can motivate you. You motivate yourself. Someone else, such as your boss or your coach, can only tap into what makes you tick, and establish a motivational atmosphere or environment which facilitates getting you going.

Do you know how you are motivated? Not everyone does. In fact, I would venture to guess most people do not know exactly why something clicks in them sometimes and not other times.

Did you know that some people get what they want by moving away from something and others get what they want by moving towards it. For instance, wealth may be attained by having a goal of moving up the corporate ladder while another may get to the same position by getting into positions which are less likely to be laid off (moving up). In both instances, wealth and professional success may be attained. One may do it by avoiding debts for instance and the other by seeking out more money. Neither is better or worse.

Let's talk about dealing with change as a function of motivation. Some like to have incremental change, some like to keep things the same and others love to have regular change in their lives. Ok, here's another one: can you tell me what your disposition is regarding options available to you versus a set proven process to follow every time?

And did you know that though there may be threads of motivational preferences in different contexts (home, work, athletics) there may also be distinct differences in each? Motivation can be context specific.

There is a simple elegant assessment I enjoy using. It's called the Motivation Profile. There are no hidden meanings or reading into the meaning of questions. It's different also from other assessments since it only seeks to map your preferences - not label you, not have right or wrong answers, or even force you to choose answers when you don't want to. Instead it provides a map of your preferences. These preferences are the insights into what motivates you. Combine this simple tool with a values assessment and coaching and you learn powerful things about yourself that can guide your success.



The Power of Focus is a reasonably good book. If you do not have succinct reference source for proper goal setting, prioritizing, finding purpose; then this is a book worth getting.

Though there isn't much new in this book, Jack Canfield, Mark Victor Hansen and Les Hewitt put together good exercises and explanations of well known motivational approaches to getting what you want out of life.

As far as do-it-yourself books go, this one may be worth your time. If you've tried the do-it-yourself approach without success. perhaps it's time to engage a personal coach.

If you find yourself at a point that you believe you would benefit (as so many others have done) by learning about your motivation and living your dreams, contact me. We can talk about the mindset necessary to make dreams a reality.

www.mindsetforperformance.com