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Motivation

To help with motivation we need to look at and understand what motivates us and what keeps us from acting (we did this in the demotivation exercise – look at this this if you haven't already).

Exercise:

Think about the different areas of life that could motivate you.

- The Self—i.e., “I want to express my personal creativity”
- Acquisition of Knowledge—i.e., “it is fun to learn and apply new things”
- The Actual Work—i.e., “life is a game and I win by learning”
- Progress—i.e., “I am creating the foundation that will lead to my ideal life”
- Contribution—i.e., “because of what I do I improve the life of others”
- Future Dreams—i.e., “by doing this I will create the abundance and lifestyle I desire”
- Assimilating to Key Figures—i.e., “if this person can do it, I can do it”
- Uniqueness—i.e., “I want to create something no one has done before” or “i want to offer my unique, authentic self to the world”

To carry out changes in our life we need to create the motivation to act.

Tony Robbins says:

“Your motivation to change needs to be more powerful than your motivation to stay the same”

So, we need to explore what will give us enough of a reason to not only change, but to sustain that change.

What are some of the routines that you currently have that motivate you?

What routines can you add to your life that will help you maintain balance?

What are some songs that can give you a boost or inspire you?

What are some movies, videos, and documentaries that can inspire and motivate you?

What are some books, audio books, and/or magazines that inspire you?

What are places, social events, or people that can get you grounded and motivated?

What is a work out that you can commit and what days and times could you do it?

What time schedule works best for you?

Of these which motivates you most?
Can you think of others?