



How to Generate Motivational Energy: a self-sufficiency guide

Low levels of motivation can occur due to a lack of perceived reward for our efforts. Basically, if we don't believe that we are getting to where we want to be, we'll stop making the effort and achieving along the way. However, waiting around for some 'outside approval' or reward does not guarantee us receiving whatever it is we think we want. In fact the reward is often most effective when it comes from within us. To reward ourselves is to validate our own efforts and achievements and so strengthen our resolve to continue to achieve. Also, as we are not reliant on external factors, we are able to reward ourselves at any time and as often as we so choose.

So how can we generate Motivational Energy?

Try the following five-step guide.

1. Start the day with the **prioritising** of activities that you are keen to do.

We all have commitments and tasks we don't fully enjoy and the key here is **not** to plan too much time for them. A classic error of judgement is to allocate too much time for the menial, uninspiring tasks; whilst only permitting limited time for the more intrinsically rewarding activities.

This is a pointless, self-punishing measure we erroneously employ when we hold an irrational belief and feel a sense of guilt about experiencing

enjoyment.

However, as we have a naturally higher level of motivation to engage in/with the things we enjoy, allowing more time will ensure the more satisfactory completion of the pleasant activities and so place us in a more positive frame of mind. Therefore we will be more likely to succeed at the less enjoyable jobs. You may find that a natural balance between the two will ensue.

2. Flexibility – as with physical development, a flexible mind necessitates stretching and experimentation. Being open to considering possibilities and changes is the first step in the practice of flexibility; whereas remaining flexible requires a sense of balance, which we can achieve with awareness and vigilance.

By keeping our options open, being prepared for more than the obvious, we are better placed for utilising the unexpected opportunities that may come our way. We are also less likely to experience frustration when events go awry courtesy of the influence of external factors – those over which we have no influence. This is especially the case if we have a quick alternative for the use of our time lined up in the wings and ready to go.

3. The 3 R's – Reflect, Re-evaluate and if necessary, **Re-schedule**.

Flexibility can be enhanced by these processes. Take advantage of a natural break in your day to reflect on how things are progressing. If your available time is appearing to become more limited or extended, then a re-evaluation of your intended activities might prove fruitful. This is also a

good point for a reward. Remind yourself how making it this far through the day, having achieved all things to this current point, is something to celebrate. Also, be prepared to re-schedule any cancellations on the part of another, but at your own convenience.

4. Respect and Trust your own decisions, plans or arrangements. They were made with your knowledge, insight and reason, so why let someone else re-arrange things to suit their needs at the expense of yours?

A refusal need not be offensive, so if for example your boss asks you to stay late it's fine to explain that you have a prior commitment on this occasion, you're not saying you'll never stay late or arrive early, and you may want to offer up an alternative solution to help out with the situation.

If you are both sincere in your intentions (yours to assist and her/him to do a good job) then the situation will resolve itself. You cannot be responsible for the intentions or behaviour of another but you can always choose your own response in a given situation.

5. Finally, reward yourself for the day's achievement(s). It does not follow that for you to receive a reward, someone else will have to miss out on anything. So spend some time with yourself or someone of your choice; engaging in something refreshing, revitalising or relaxing; perhaps invest in something that will enhance your life in a positive or wholesome way. Remember that your act of investing in yourself will serve to enhance life for those around you; and on becoming motivationally self-sufficient you will be providing a living, breathing example of what can be achieved.

Helen Noble, is a psychological coach and a property and business law practitioner in a fast flowering law firm. A graduate member of the British Psychological Society and the Association for Coaching, Helen has insight and experience of the nature of the human driving force which can be steered for success.

www.formulaforchange.co.uk

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