

MOTIVATION

We can get stuck in a habit of 'beating ourselves up' for not being motivated ...

Sounds familiar?

However, there are reasons to feeling a lack of motivation, as well as tools we can apply to help ourselves get motivated. **NLP** and **Hypnotherapy** in particular can help us tackle any barriers to success, and start to programme in some fantastically supportive subconscious messages – designed to help power up your motivation.

Detailed below are a few different methods of positively re-framing motivation. In the second paragraph, there is an NLP (Neuro Linguistic Programming) inspired exercise, which can offer insights into how to get motivated. Additionally, in our drive for personal development, there are ways of holding onto our peace of mind, so that making 'progress' on our goals should not feel like a 'trade off' with our feelings of inner peace and acceptance of ourselves.

MOTIVATION – 'I AND MYSELF'

Within you, there is dialogue. This is not something we consciously think about on a moment to moment basis, but unconsciously there is a dialogue happening within us. Sometimes, when particularly irked by thoughts, we may consciously think 'today I don't feel myself' Or 'why can't I just stop beating myself up about....' or 'I've disappointed myself'. And then you may become conscious of this dialogue you have between the 'I' and 'Myself'.

In Life Coaching – the emphasis is on your present life, and the future you wish to create for yourself. The emphasis is also on action, rather than reflection in the same way, for example, that counselling provokes one to reflect. So, whilst we are not engaging with the epistemology of how this duality comes about – we do want to know 'what does one do about the internal Critic in your head?'

For the purposes of life coaching - I would ask you to, as much as possible, 'be aware' of this dialogue. Don't try to roll over it, or suppress it. Its telling you something. Maybe your Inner Critic is trying to keep you safe or stop you from making a mistake.

"But it's trying to sabotage me" – you may think. "Those thoughts are negative and unhelpful and I am left criticising myself."

Then let us look beyond it to your goals. Visualise and imagine as much as possible what that would look like, feel like and be like to actually have already achieved those goals. Imagine how you physically, look and feel now.

Voice still there? Then we need to get agreement from this unconscious part of you that it will help you in achieving your goal. If there is conflict between what it is you consciously want – and what your inner critic is saying – we need to broker a deal between the two of you in order to free you up to take action towards your goals. This may involve looking at the bigger reasons – your higher purposes in your goals. Is there something beyond your Self that is bigger than your perception of yourself? Can all of your Self commit to this and see it as the ultimate goal? This maybe what it will mean to your children, or a project or product you bring into the world that has wider benefits. In NLP or Hypnotherapy, this is where we would work to establish what your higher values actually are.

MOTIVATION OF THE MIND

Let us say (for arguments sake) that we all share the same reality. As individuals we use our senses: (sight, hearing, taste, touch, smell) to experience the world. However, there are differences between individuals in terms of how we take in the information of the world through our senses, and then from this raw data – create meaning from it.

For example, we may have one sense more dominant than another, such as hearing or sight, meaning we will respond to stimuli differently. When we become aware of which senses we use predominantly, then we can map what for us is the most effective way of motivating ourselves.

EXERCISE

Remember a time when you feel really motivated. Where were you? And what happened? Did you see something? A poster. Or experience something – a deep sea dive – or a massage. Or did you hear something. A conversation with a friend. Maybe it started as something you heard – or an internal dialogue you had with yourself.

These are all clues to what worked for you in terms of motivation. They will be different for all of us. This can be mapped. For example:-

Example 1

An argument in the pub with my friend made me think I wanted to put my stage play on

Ae (Audio external stimuli)

I thought about it

Ai (audio Internal)

I talked to a theatre manager at a local theatre about doing a reading of it

Ae (Audio External)

I came to a' reading by local actors and heard it, which really helped me with re-writes

Ae (Audio External)

As opposed to

I always enjoyed horse riding when I was young

(Kinasthetic external)

As well as grooming my own horse

(Kinasthetic external)

When I saw my picture in the local paper after winning a race, it got me thinking

Visual External and audio internal)

I discussed the possibilities with a local stable owner regarding training horses

Audio External

And gave it a go for a few months

Kinasthetic external

And its worked out great!

You can help yourself get more motivated regarding a goal, by learning how you have been successfully motivated in the past and mapping different examples out. You may find a pattern repeating itself. This can be a key to helping you get motivated.

MOTIVATION OF THE HEART

Write a list of 5 things which you are grateful about in your life CURRENTLY. They can be big or small, but start with:-

I am grateful for.....

It doesn't matter if you exceed 5 – that's great. (Don't ever worry about 'using these up, as you won't run out – if you do this at a different time, other things will occur to you).

If however you are struggling, think small – or basic, such as I am grateful for my sight, or I am grateful for my health, or even I am grateful for my pet/such a lovely day etc.

Now, take a good look at your list. These are the things you have already. You have these now, and this is your reality now. These are the good things. Don't belittle them or wish them away, as they are the things that are working for you.

What this gives you – before embarking on any exercises in motivation – is a sense of *perspective*.

Very often, when client's embark on exercises regarding motivation, is focus on the thing they want immediately, and the thing they DON'T have. This causes one to lose perspective and the bigger picture. They can then feel demoralised, or think they are poor (emotionally, financially) in their own life. That they MUST achieve their goal and it is a case of - all or nothing. When you think ALL OR NOTHING – what can happen is that you paralyse yourself in terms of taking action. You fear moving forwards – and ending up with nothing again. If you remind yourself of what you have – you are moving from a situation of plenty – to another situation of plenty.

CONCLUSION TO INTRODUCTION

Above are a few tools to get you thinking about motivation.

Sessions in NLP, Life Coaching or Hypnotherapy could all help in tackling motivation. It is really important if you wish to support yourself in getting more motivated that you are realistic about the time you give yourself on this kind of work. The more you positively support yourself and invest in yourself – the more you can enrich you life.

As they say “If you do what you have always done, you get what you have always got”. Therefore, get the help you need , and at this point in time, do not put too much pressure on yourself in terms of what it is you wish to achieve. If you take on something too large without the support you need – and fail – your inner critic is going to pop back up and feed into that negative part of you. Don't let it. The next step is all about creating **achievable goals** for yourself.

Call me on 07902890700 for an appointment or email info@gatehousecomplementaryhealth.com to book either a NLP session, Hypnotherapy or Coaching session now.

Good Luck!

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