

**progressions**

from stress to success

# Moving into motivation

How to overcome the real killer of motivation

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## What's The Real Killer of Motivation?

In a word, it's routine. It's doing the same thing every day because that's what you've always done. It's a vicious circle of repeating actions and events that leads to nowhere.

The reason nothing changes in our lives is because we're stuck in a routine. Routine is comforting, it's predictable and we turn to it when we feel threatened, or bored, or tired, or lazy.

We often have new ideas but our actions were old.

Routine tends to stifle us, it wraps itself around your life, distracting and luring you into autopilot, into a dazed mode of living.

It kills the chance for change and in doing this it cuts away our goals and ideas. Routine gets in the way of growth and improvement and leaves nothing but the same.

You need a way out of the routine.

*'If you continue to follow the same patterns, what are the chances you'll ever experience the things you want to do and ever become the person you hope to be?'*

If the things you've planned to do haven't worked out so far, why would doing the same thing result in anything different? In fact the definition of madness is "doing the same thing and expecting different results".

### **A Realization**

If you follow the same routines, the same patterns, you can expect pretty much what you have been getting. And sometimes this seems like a perfect scenario! But if you want more from life, if you have BIG plans then you are wasting time in routine behaviour.

This brings us face to face with a truth that of us would rather avoid.

*While it's relieving to let our goals live in 'someday' so we don't have to worry about never attaining them and instead, we can put them off and fool ourselves. The truth is that if you don't change your routine now, you will never reach those goals. You will never wake up to a life that matches the one in your mind.*

## Breaking Free

It takes only small steps to create amazing changes. That dream won't come in one giant leap. Small steps, carried out each day, will bring you to the destinations you seek. One way to start taking those small steps is to use a "Next Up" list.

So what's a **next-up list**? It's the small actions or goals that are up next on your list of things to do and accomplish. Not a major dream or ambition, but something you can do within the next few days to improve the quality of your life.

So let's start now. Write down your answers to these questions... When you've finished, your next-up list will be ready to go!

### **Your Identity**

What one small thing could you do to change or improve your character or personality? Would you



like to be a bit more outgoing? Patient? Accepting? When you have in mind what you'd like to change then decide what step you could take within the next three to five days to put it into action. Write this down.

### **Your Health**

What one small thing could you do to change or improve your health? Is there particular food you should do without? An extra day of exercise you could throw in the routine? Perhaps you need to schedule an appointment with your doctor for a check-up? Write down your next-up health goal along with the action you'll take.

### **Your Career**

What one small thing could you do to change or improve your career? Is there a project you'd love to get your hands on? Do you need to complete one that is already in the works? Whatever it is, write it down and match it with one specific small action that you could take within a few days towards making it happen.

### **Your Finances**

What one small thing could you do to change or improve your finances? Do you need to balance your bank statements? Schedule a meeting with a financial planner? Create or complete your monthly budget? When you've chosen the direction in which you want to head, write down the first step you'll take to put the plan into action.

### **Your Relationships**

What one small thing could you do to change or improve your relationships? Is there a friend or family member you've been meaning to call but haven't? Someone close to you that needs more of your time and attention? A letter or email to write that would make someone's day? Add it to your goals and your next-up list is ready for action!

To increase your ability to break routine try some easy exercises (you can make these harder as you get used to the challenge) – try brushing your teeth with your non-dominant hand until you can do it easily; how about driving (or walking, cycling) a different way to work each morning for a while; why not sit with someone different in the lunch room every day; how about reading or watching some different types of things e.g. watch a documentary of you usually watch fiction or read a novel of you usually read history books; listen to some different type of music or try another kind of dance or exercise.

## **Keeping it Going**

Finally, here are several things that get in the way for people, resolve now that you will break free of these situations in order to reach your full potential and realise your dreams.

- Many times people will accept the status quo because they are afraid of what other people would think of them if they strive for more. Fitting in becomes more important than moving ahead. Decide here and now that creating the life you want to live is far more important than blending in and living for the approval of others.
- Stories of individuals overcoming all odds and achieving their dreams surround you. Seek out and make these stories a part of your life. Knowing that others have succeeded in the past can be enough to motivate you to succeed in the future.
- Success takes time. People who believe in the overnight success expect amazing results the minute they start working toward their goal. It's not going to happen. Don't let this get you down. Be prepared to persevere.



- Be sure to measure your progress along the way. Doing so will help to keep you motivated to achieve the goal as you see real progress taking place. You will also be able to recognize areas that might need attention or successful methods that could be spread to other efforts to achieve.
- The more you know, the more you'll grow. Information is the greatest resource you have as you work toward achieving your dreams. Facts help to increase your confidence, break down fear, and inspire you to action. Learn all there is to know about what you want and you will never be without the drive and energy you need to make it happen.
- As you begin taking steps toward the things you desire, you will meet with many obstacles along the way that have the potential to knock you off course forever. To ensure this doesn't happen to you, answer the question: "*What's in it for me?*" Knowing exactly why you are reaching for more will serve as a constant source of energy and excitement to keep you going strong in the face of short-term setbacks.

