

A guide to Motivation

The My Positive Change guide to motivation

Motivation is the term we use to describe what we wish to achieve. It is very important to recognise that motivation comes in many forms, that can essentially be broken down into 2 categories.

Away from motivation

This is where we want to do something because it stops us having to do something else. An example of this may be 'I want to lose my fear of interviews, so that I can get out of this job'. It is the fact that we are being driven away from the job that defines this type of motivation. Usually away from motivation is to prevent something negative happening

Towards Motivation

This is where we want something to happen because it leads to bigger and better things. To turn the example above on its head we may get, 'I want to be more confident in interviews to enable me to get a better job'. This drive is usually to change to something positive, and is often in the realms of 'one day'.

Getting the balance right

If you really want to find the motivation in it helps to find a towards and an away from motivation. The more factors you can add the stronger the motivation is get moving with it.

Live it to make it happen

One way to make the motivation real is to allow yourself to feel what your life would be like if this thing didn't happen. Imagine yourself 5 years from now, and the thing your motivation is driving towards or away from has not happened. What does it feel like to be in this place. Now try the other way. Imagine that what drives you has happened, so now put yourself that same 5 years in the future and imagine what it feels like. This exercise helps make the motivation real enough to give you the incentive you need to make it happen.

Don't take on too much at once

For most of us our motivation is something very large, a real difference in the way we live. The problem is that it can often seem daunting, and the scope of the task you set yourself may act as a huge de-motivator. So approach the situation differently, chunk it down into smaller tasks. Start by looking at your end goal then work backwards asking yourself, 'What needs to have happened by now to make the end goal achievable?' Keep working back until you get to what you need to do next week or tomorrow in order to achieve what motivates you. Keeping a series of small and

manageable tasks means that you get lots of little moments of success to keep the goal in sight

Review your motivation regularly

Ask yourself at regular intervals if the motivations that drive towards your new life and away from your old one are current. Ask yourself if they still fit comfortably with who you are and where you are. This allows the motivation to stay fresh and relevant, it also allows you feel good about unexpected changes in your life that may arise.

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