

Get motivated!

FIND THE MOTIVATION TO ACHIEVE GREAT THINGS





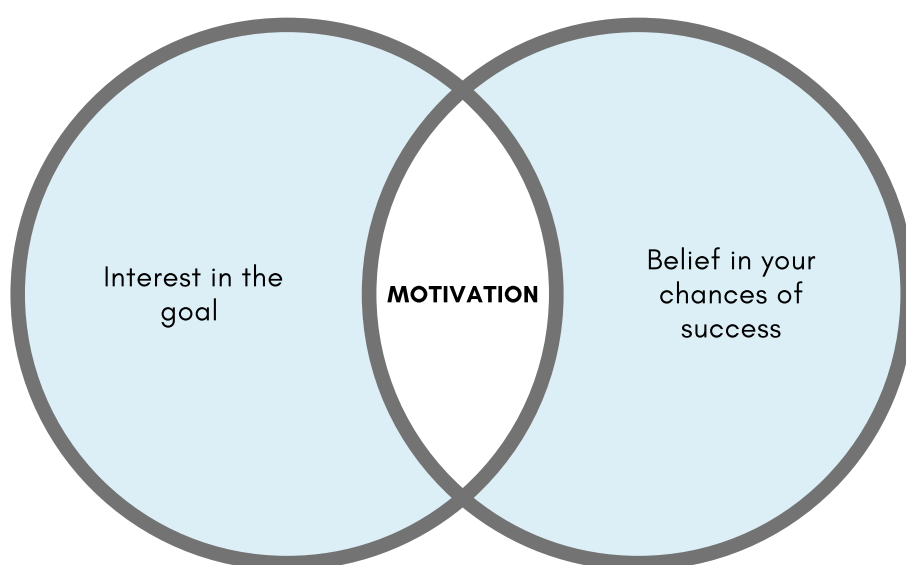
Understanding motivation will help you find and sustain it

One of the big barriers to effective goal-attainment is motivation.

Knowing how motivation works can really help with boosting your focus and drive.

If you're struggling to stay motivated in pursuing a goal, the Motivation Equation might help.

MOTIVATION = Interest in the Goal x Belief in Your Chances of Success



The following questions will help you explore both sides of the Motivation Equation.

I really encourage you to write down your answers and put them aside. Then come back a few days later and see what you notice.



Interest in the goal

Is this my goal or is it someone else's? Is it a like/love goal? Or is it something I feel I should/have to do?

If the goal isn't quite mine, how can I tweak it to make it align better with who I really am?

If the goal is really mine, what is it about this goal that matters to me?



Belief in your chance of success

If I'm honest, how confident am I, that I can actually achieve this goal?

What practical things could I do *this week*, to help boost my self-belief?

What are some similar situations in which I have achieved?

What have I already done, to move me closer to the goal?

What are three things I can do *this week*, to move me closer to my goal?

What resources are available to me, that I can draw on to help me achieve?

What is holding me back? What practical steps can I take to remove those barriers?



Hi, I'm Alex Kingsmill, founder of Upstairs Coaching.

As an evidence-based Life and Career Coach, my focus is on helping you design and build a life and career that is really yours, one that you will love.

If you have questions about coaching, I'd love to help!

You can email me at alex@upstairs.net.au or message @upstairscoaching

Or if you're ready for some positive change you might like to book an evidence-based coaching session, at upstairs.net.au/shops/

Alex

