

WHO IS MICHELLE WHAITE?



Michelle is a LifeSuccess Consultant living locally in Denham and has joined the In & Around Publishing Team as the Resident Mind Coach with a regular Coaching Column right here every month.

Just Do It! (Nike)

With all the doom and gloom of the media bombarding us with the latest 'negativity' headlines, reporting on companies going under, well I am here to say that when 'steak sales go down, sausage sales go up' meaning that in every crisis someone else is also booming!

Pound shops and cheap shops are having record sales! This article may go some way to help you stay focused on creating your own economy in what is perceived to be uncertain times. Did you know that many millionaires were created in a recession? If you are subconsciously feeling like you lack motivation, think again and read on!

Just as willpower is an essential factor in achieving success, at some point in time, discouragement and lack of motivation may hinder you from reaching your objective. And it is up to you, and you alone to devise techniques that will help you keep that drive within afire.

It is helpful to have visual goals that you are working towards, make it visual. It maybe something material like a car, or a vacation you have been looking forward to for the longest time.

Take or cut out a picture of it and post it at a conspicuous place at work or at home where you can see it often. So that when you feel discouraged, this will remind you of your goal and will help you keep your spotlight when taking ACTION towards the goal. Remember – the true purpose of having a goal is NOT just to achieve it but to grow and develop our awareness along the way to achieving it! The journey IS just as important as the actualisation of the goal itself. I say that when a goal is achieved – this is the cherry

on the top as we can usually enjoy many learnings along the way as we strive to reach for the cherry on the top!

Make a contract with oneself. According to motivational researches, people who write down do-lists are far more triumphant in achieving their intended goals than those people who just keep mental lists instead.

Putting something in writing somehow makes it more powerful psychologically speaking. This may also be the basis why most cultures have such a high regard in honoring contracts. In the contract, you may also include a certain reward that you will give yourself once you have accomplished the task.

After all, everyone likes to be rewarded for completing a good job. Even a simple pat on the back, "good job", or "thank you" may do the trick to give the person the additional push to carry on, but unfortunately, these may not always be readily available. Considering that these are also essential in keeping oneself motivated, you must learn to find a way to get that encouragement on your own through pleasing yourself.

Abusive people lower your self-esteem and bring you down. Get these negative people out of your life. Surround yourself with positive people. Imitate their example. Smile amply and think happy thoughts.

These will give you a brighter outlook and lets you see a clearer picture of what you really want and a fresh mind to know what steps to take to get there. Rather than wait for things to happen, try to be proactive and MAKE THINGS HAPPEN. Inactivity idles the brain and stagnates your potential to reach your goals.

Read inspirational books and literature. These will help you improve your attitude and heal your mind. A book of success stories also proves to be encouraging. You will not only learn from others' experiences and derive confidence boosting insights from them but the story will be instrumental in motivating you to go for your goal and move ahead with your plans. If this still seems to falter, get training or education.

Often times, not knowing how or where to start is frustrating. Knowledge is power. Having a clear understanding of how and where to start is empowering and it will provide the extra drive needed to hit the mark you are aiming at and follow it through.



Having enumerated all these tips and tricks to attain self-motivation, but still you seem to feel lacking that much needed drive, there is one last thing that you must try.

Whatever it is that you have been meaning to do, or wanting to achieve, in the words of Nike - JUST DO IT! Keep on aiming high and go for it! Actually getting your hands dirty best solves the problem of motivation. By "forcing" yourself to just do it, your momentum will pick up gradually as you go along and before you know it you have finished the task or have finally achieved your goal. Divide and conquer is the key.

Break down the apparently unattainable activity to small doable steps. Not only does it become less overwhelming, but seeing the "in the meantime" results will further your confidence that it can indeed be done.

Lack of motivation happens to us all, but if you do not encourage yourself to accept opportunities and be challenged, no one else will. It is most important to keep your eye on the goal, find ways to keep going, and in no time, you shall reap its benefits.

And if at the beginning you were just doing it for the material reward, you will also learn to realise that the fulfillment, satisfaction and self-achievement you derive from reaching your goal is a much enjoyable high that will keep the drive within constantly burning. Just like you cant blow out a candle with thought alone, one must physically take action to blow it out! GET UP! Take action today and GO FOR IT!

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