

## 7 secrets of self-motivation

1. All motivation is self-motivation. Nobody else can motivate you. What they can do, however, is either support or distract from your own motivational process. Notice whose style adds to your self-motivation and who gets in the way of it. Consider coaching some of the key people in your life in how to enhance your self-motivation or in how not to derail your motivation.
2. Very few people can perform at their best all day. Keep track of the times of day when you are mentally most alert, when you are most communicative and when you are most creative. Wherever possible plan to spend time doing the kind of task that comes easily at that time. This avoids wasting energy to motivate yourself to go against your natural inclinations.
3. If there a task you must do that doesn't appeal to you and keeps getting put off, ask yourself, 'What will it do for me when I've completed this?' Focus on the bigger picture, rather than the actual task and you may find that it's easier to get it done.
4. If you work well to deadlines (or to put it another way, you tend to leave things to the last minute!) then make life easier by keeping your diary clear in the run-up to important deadlines. That way you can focus on the work that has to be done for the deadline and not be distracted by other projects until it's finished.
5. Take regular breaks. You probably know this, but do you do it? The natural rhythm of brain and body means that few people can focus on the same thing in the same way for more than about 45 minutes. When you start to feel restless, that's a good indicator that it's time for a change of pace for a few minutes. Check your email or make a phone call or get a glass of water and then you may be surprised how easy it is to return to your original task.
6. Set yourself clear goals – long term, short term, weekly, daily. Having clear outcomes is the greatest aid to motivation. The NLP well-formed outcomes pattern is probably the most useful aspect of NLP in all situations. Practice it until you can't not do it.
7. Stimulate your brain. Low motivation often comes from the stress of boredom and lack of opportunity to achieve something new. Exposure to new ideas and different perspectives can create a new level of engagement with familiar tasks by prompting you to review your purpose, revise your approach or raise your standards.

Dianne Lowther  
Master Trainer of NLP

*Dianne Lowther is a Master Trainer of NLP and Principal of Brilliant Minds. She specialises in applications of NLP for leadership and business results.*

Brilliant Minds  
Suite 440, 99 Warwick Street  
Leamington Spa, CV32 4RB  
01926 435609  
[www.brilliantminds.co.uk](http://www.brilliantminds.co.uk)