



Five Steps To Understanding & Using What Motivates You

Do you get frustrated when you lack the motivation to start a project or activity and put it off so you don't have to tackle it? Do you wonder why your friends or colleagues don't appear to be motivated when you are raring to go? This article explores the origins behind a lack of motivation; getting to the root of the problem; discovering what motivates you and others, personally and professionally; and how to incorporate those items that motivate you into your daily life.

1. It is important to first examine why you may be lacking motivation. Could there be a physical problem that needs to be addressed (e.g., chemical/hormonal imbalance, lupus, chronic fatigue syndrome), are you burned out from taking on too much (at home and/or work), are you feeling stressed out, or do you feel you never have sufficient time for yourself? Itemize the reasons why you may be lacking motivation and explore each of those in depth. Are there certain behaviors, patterns, or events that seem to make you unmotivated? Take note of what happens prior to those times when you lose motivation.
2. Once you have an idea of what might be causing your lack of motivation, take steps to address it. If you are not feeling right and need to see a doctor, then do so. If you feel that you need to clear your schedule so that you have time for yourself, then commit to setting aside a specific day and time each week. Any action you can take to increase your level of motivation will help you to accomplish more in your personal and professional life.
3. Be clear about what motivates you at home and at work. Some people are motivated by doing what is right or helping others, some are motivated by praise/recognition, others are motivated by money, some are motivated by wanting to be alone or with people, and others are motivated by food, exercise, sex, or love. Think about what motivates you at home and work; what gets you to tackle those home or work projects? Make a list of your motivators and try to use them when you are feeling unmotivated. In addition, make every attempt to incorporate these motivators into your daily life, as they might help to reduce the frequency of those times in which you experience a lack of motivation.
4. It is important to understand that what motivates you might not necessarily motivate your spouse/partner, friend, or colleague/coworker. Observe those around you, watch what motivates them, and make a mental note regarding their respective motivators, as you might be able to use them in the future to reward people or entice them to help you with a certain project or activity. This is especially important for employers who have seemingly unmotivated employees. They should observe their employees to see what motivates them, but it may be best if the employer simply asks each employee

what his/her motivating factors are. Once the employer understands these motivating factors, s/he can use them to motivate people to do their best.

5. Once you are clear about what motivates you, use this knowledge to implement significant changes in your personal and/or professional life, such as creating a more positive/balanced life, seeking a new job/career, or developing or terminating various types of relationships. For example, you may be extremely creative but unmotivated at work. You realize that your lack of motivation comes from not being listened to and the inability to take risks. If you approach your employer and express your concerns and needs, you might get the freedom you need to be creative and implement your ideas. This would be a win-win situation for both parties, as your employer will undoubtedly notice an increase in your motivation level.

By examining and addressing what might be causing your lack of motivation and identifying and using those factors that motivate you, you will be in a better position to increase your motivation level, at work and home. As a result, you will find yourself achieving more goals, completing more tasks and projects, and watching your “to do” list shrink.

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If you want to make positive changes in your professional life, and create the job or career you desire and deserve, then working with Executive & Life Coach, Sharon L. Mikrut, is the solution. Although her specialty is in partnering with nonprofit executive directors and managers to maximize their resources in a competitive environment, she is passionate about working with all individuals committed to personal and/or professional growth. Visit her website at <http://www.createitcoaching.org> or Nonprofit Professionals blog at <http://www.createitcoaching.com>, and sign up for her free monthly newsletter that provides information and resources designed to help you manage your nonprofit organization in a more effective and efficient manner. You can also visit her Empowerment blog at <http://www.createitcoaching.net>, and sign up for her free monthly life coaching newsletter.