

Subject: News from Self Discovery Coaching - 10 tips to get motivated



Self Discovery Newsletter

How to get motivated
June 2008

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Hi Karen

Every so often we reach a place in our lives when we need to take time out, and reflect on where we are now and where we want to be in the future. It is times like these that I love the power of coaching, taking time to refocus on goals and develop plans for a compelling and exciting future. People find different ways to refocus, and I have had the fortunate opportunity to have taken a two week break in the Mediterranean to refresh and refocus my own life.



What could you do to refocus your life?

What do you want to be different?

How can you make this change?

When you feel stale or in a state of uncertainty or unhappiness in your life, it can be hard to do anything to make a difference. In my last newsletter, I focused on your job and how you can make time to work on your career, but if you are not motivated to make changes in your life, it is easy to stick to the status quo. Motivation is one of the topics that many of you asked for in my recent survey, so read on for my top 10 tips to help you to get going and make the changes you want in your life.

Also enjoy my recommendation for the book of the month and a story to inspire you. If you would like to share your story, please email me today.

Please remember that I offer a free consultation. So when you are ready to find out how I can motivate you to change your life or career, give me a ring on 07823 335747 or email me at karen@selfdiscoverycoaching.co.uk. I look forward to hearing from you.

Best wishes

Karen Williams

Life and career coach

How to get motivated



Every day I notice people who are unhappy in their life. I see those who are miserable at work but don't take the step towards changing their job, those who want to lose weight but find it difficult and then give up, or those who seem to have lost their confidence to live the life they deserve.

I also see those people who love their life, have fun and spread happiness. But, even if you love your life, there are times when even you may need encouragement.

If you want to improve your motivation in any part of your life, take one of my simple tips and do it today!

1. Find your inspiration - surround yourself with people who inspire you or read an inspirational story. Talk to people who you respect and admire, and discover what will inspire you to move forward in your life.
2. Remain positive - if other people are getting you down, focus on the positives in your life, remember the good things, the thank-yous, the encouraging comments and thoughtful appreciation.
3. Think about what you enjoy in your life - if you are unhappy at work, consider what aspects of it you like. Remember what attracted you to the job in the first place, what you enjoy and appreciate, and how it benefits other parts of your life. If you can't think of anything, it is time to do something today!
4. Focus on what you want to achieve - set yourself a goal and put it somewhere where you are reminded of it everyday. If you know what you want to achieve, you can then take steps in the right direction.
5. Take baby steps - when you have a large goal or project to accomplish it can appear impossible to achieve, so break it down into baby steps. What do you want to achieve within the next two weeks? What steps can you take to move you closer to your target?
6. Build on your successes - take time to celebrate and congratulate yourself for each step that you achieve. Then set yourself the next target and work towards that goal.
7. Call for help - if you are having trouble finding your motivation, find someone to help you. Whether you choose a trusted friend, a family member or a coach, talking about it will help you to overcome this slump.
8. Replace negative thoughts with positive ones - don't let your thoughts hold you back. Take time to monitor what you are thinking and when you face a negative thought, replace it with a positive and empowering belief. You can do it!
9. Keep a diary or journal - use this to record the positive things in your life, the things that have gone well and the positive thoughts you have. Then when you are feeling frustrated or low, you can draw on this inspiration.
10. Visualise your future - imagine your future and think about how amazing you feel when you have got there. This is a motivator in itself!

In which areas of your life do you want to increase your motivation? Email me your challenges today and let me help you to get motivated.

Inspirational Story

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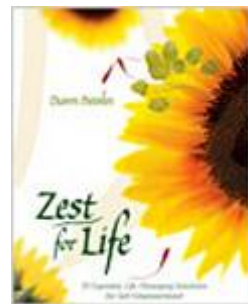
Lorraine was a senior manager in a local authority when she came to me for coaching. She was in a job she disliked due to a lack of autonomy and difficult relationships within the team. She had a dream to set up her own business, but time was tight as her mother was ill and she had a daughter to look after.

Throughout our coaching sessions together, Lorraine gained a greater clarity over her future. Although Lorraine faced trauma in her personal life during this time - as her mother passed away, she found her father whom she hadn't seen since she was a child, and she was also made redundant from her job - she found that these events opened a new chapter in her life. She developed increased confidence in her own abilities and achieved goals that she thought were unattainable. Lorraine travelled to Australia on her own to meet her father, she developed extensive social and professional networks and undertook business training. A couple of months ago, Lorraine set up her own business and now has the freedom to live life on her terms.

### Book of the month

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Dawn Breslin's Zest for Life book is one that I always recommend to clients who are looking to improve their confidence, self belief and, as it says on the cover, their zest for life.



Interspersed with stories, the book gives practical tools and powerful exercises to allow you to understand yourself and regain your identity as a person. For it to work for you, do the exercises as you go along and you will emerge more empowered and discover a new you. [Click here to buy your copy today.](#)

Thought of the month

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"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."

Mario Andretti

### Forward this newsletter to your friends

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[The career change challenge, shall I stay or shall I go?](#)

Contact information

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