

Millie
Calesky's

Coaching Vision

Helping you move forward

Issue 5

6 Ways to Motivate Yourself

As you learn how to get and stay motivated, you'll be filled with the glowing feeling of positive expectation that comes when you believe that you can achieve what you want most.

Need to get and stay motivated? Start by getting in touch with what you want to accomplish and why it's important to you. Imagine what it will be like to reach your destination. Allow your excitement about the future to pull you forward as you embark on your journey. To achieve you must clarify what it is you want, identify a strategy that will lead you to your goal, and map out and put an action plan into motion.

Many people are energized at the start of a new project. The challenge is staying excited, especially when the going gets tough and your

goal is still off in the distance. It's easy to get discouraged, sidetracked, or to just give up.

One way to ensure that you stay motivated and ultimately reach your destination is to work with a professional coach who will help you appreciate and build on your strengths and abilities. Even when the future feels daunting and success unlikely, you'll stay hopeful and proactive. With the help of a coach, you'll keep moving forward despite your doubts. You'll be more likely to succeed, to reach your goal faster, and exceed your expectations.

Road map, accountability and support

I've been coaching a woman who's been working on her Ph.D. for over 5 years. When we started she was demoralized. Her motivation was sliding downhill quickly. She was afraid that after all the years and effort that she had invested in working on her degree, she wasn't going to complete it. Her dream was to be a college Professor. Not completing her dissertation would have been devastating for her. Fortunately, instead of giving up, she decided to work with a coach. Today, she's putting the final touches on her dissertation and going on interviews. When I asked her what made it possible for her to get past her feelings of being stuck and despairing, she replied, "Coaching made the difference." Being organized, having a





Have you found it hard to stay motivated on your own?

Call Millie for a free coaching session to address this and other issues that are holding you back. In this session, Millie will help you design a 90 day action plan.

For more information contact Millie at 413-655-2555 or MillieCOACH@aol.com

road map for success, and having accountability and support – these are the things that really worked for her.

Ready to get and stay motivated? Here are some ideas to get you going:

Have a mission

Know what you want and why it's important to you. The more you're in touch with why you want something, the more likely that you are to get/achieve it.

You're much less likely to accomplish something that you feel that you "should" (vs. want to) do.

Create support structures

Hire a coach who will support your growth, get you through challenges and keep you moving forward. Have business buddies – colleagues who will help you succeed and vice-versa. Join professional clubs and associations – for fun, networking, current information, camaraderie and to support your community.

Read inspiring, positive literature

Biographies, autobiographies, and self-help books are a great source of inspiring stories and fresh ideas. They'll get you energized when you're feeling down. It's uplifting to read about those who succeeded despite great adversity – if they did it, you can too!

"When I first started working with Millie, my problems with poor organization and self-motivation were leading to loads of stress. This caused my performance to fall off, which only led to more stress.

Millie taught me how to work more effectively. I learned how to set goals, set limits, and prioritize. I have been given the tools that I need to improve the way I work."

Thomas P. Sullivan, Research Engineer

Surround yourself with positive people

Positivity, just like negativity, is contagious. Seek out folks with a "can do" attitude – they'll inspire you.

Practice gratitude

For a positive attitudinal adjustment, count your blessings daily. Even when you're having a hard time, there are always aspects of your life you can appreciate.

By looking at what's in the half-full part of your glass vs. the half-empty, you'll appreciate how much you really do have going for you.

Have a daily spiritual practice

It helps you stay serene and calm, especially during turbulent times. It's a positive, low-cost and no-cal way to comfort and nourish yourself while neutralizing stress.

Establish a practice that's a good fit for you – meditation, prayer, yoga, chanting, and journaling are just a few of the ways you can practice.

