



A blog by CIAO! Marketing, Inc.

MINE YOUR MOTIVATION

When you mine your motivation you're training your brain to believe in it with boldness, confidence and courage.
-Krissi Thomas

THAT GUT FEELING

The first step in mining your motivation is to feel it in your body. Yep! We all have physiological responses to situations. For example; when the love of your life enters the room it makes you a little sweaty, your heart jumps a beat and all those feel-good hormones start pulsing through your body. Best feeling ever, right? Then you act on it. You run up for a hug and kiss, you embrace, and you're all in because it feels right without a doubt. Now imagine that you're re-entering a room and you feel the weight of the world on your shoulders? You're anxious and scared. Guess what? Physiologically, you might experience the exact same senses - sweaty and a jumping heart. The difference is that your mind is telling you all kinds of lies in this situation. You know the ones: "I'm not good enough, I'm not worthy of being here, I look terrible, everyone is looking at me," etc.

If you're brave enough to unpack these lies, you'll have a better understanding of what you're sensing, thinking, and feeling. You'll then be able to figure out your wants and the actions to get exactly where you want to be. My "Realization Ring" on the next page is adapted from the Awareness Wheel in psychology. I learned this process decades ago when I found myself reacting to people in a negative way. I didn't understand why I was acting this way and wanted to dig deeper. My coach taught me how to recognize all the feels and work through them instead of fighting them. I've used it in every situation you can think of ever since. Using this model will help you find the motivation you're looking for because it's rooted in understanding. And people, understanding is the key to realizing your true potential.

SENSE

THINK

FEEL

WANT

DO

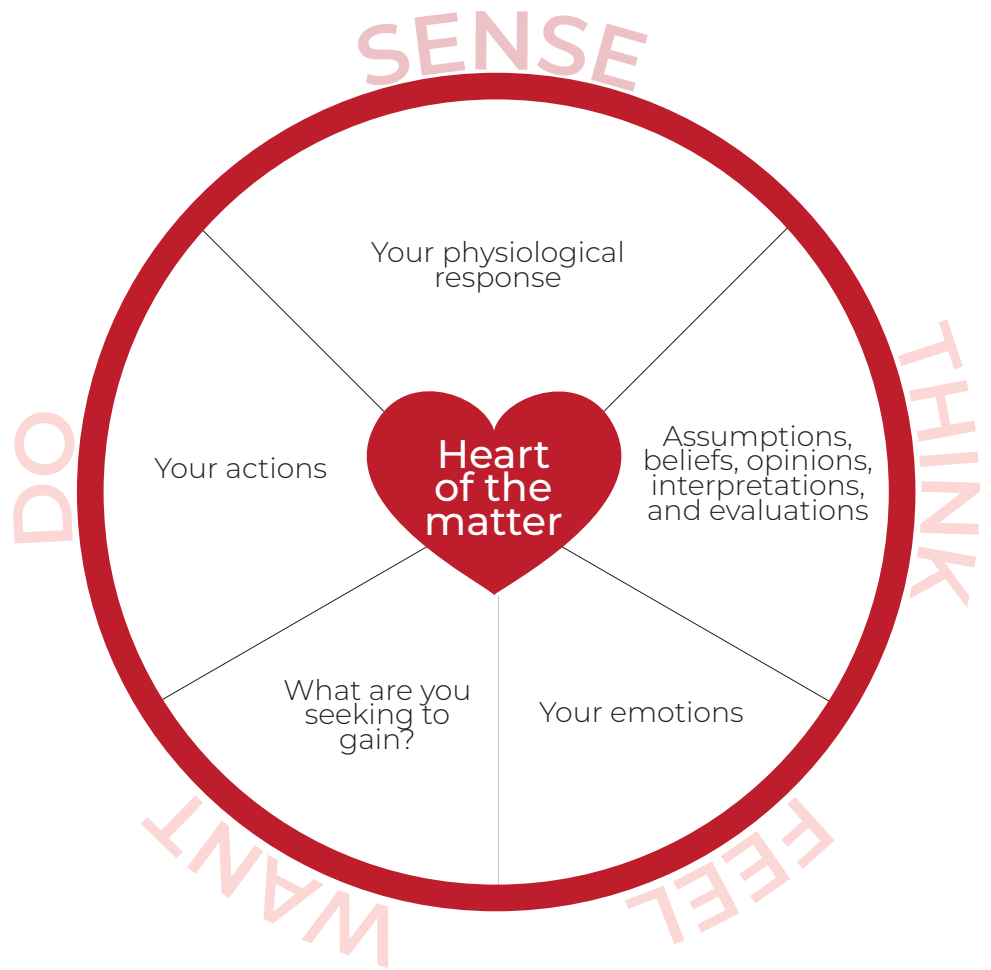


A blog by CIAO! Marketing, Inc.

REALIZATION RING

Below is an example of how one might think in a given situation. On the left you'll see a negative reaction and on the right you'll see the "Realization Ring" at work.

Keep in mind that you can use this method in any situation - happy or sad. The goal is working to understand what you're feeling so that you come to an honest realization of the current situation.



ORIGINAL THINKING

SENSE

This is simply your body giving you a sign that something's about to happen. Do you start to sweat if you're nervous? Recognize these senses happening in your body.

THINK

This is your brain deciding how you should react to this sense. So, if you're nervous, you may start thinking negative thoughts to perpetuate and confirm the sense.

FEEL

Now you are experiencing the emotional roller-coaster because your brain has flooded you with some bullshit ideas. You're angry, sad, scared, etc.

WANT

Now the shitshow is in full effect and you decide that you want to run away, retreat, or give up.

DO

So what do you do? You do the exact thing your wants are telling you to do and it ends in some outburst or excuse, completely rooted in fear and lack of understanding.

REALIZATION RING THINKING

SENSE

Your body is giving you a sign that something's about to happen. For example, do you start to sweat if you're nervous? Recognize the sense(s) happening and honor them by taking a deep breath.

THINK

This is your brain deciding how you should react to this sense. So, if you're nervous, calmly ask yourself why and if it's true.

FEEL

Once you've realized your negative thoughts are lies, you can work through this like you love yourself. You'll begin to feel confident and courageous.

WANT

Now it's possible for you to clearly see what you want because you've taken the time to realize your feelings are important, valid and worthy of understanding.

DO

You have the courage and confidence to state your case or take action based on your realizations. You're able to own your thoughts, feelings and wants to take bold steps in the direction of your dreams.