

Creating True Motivation That Lasts by Paula Holland De Long CPCC, ACC

motivate

Verb

[-vating, -vated]

1. to give a reason or inspiration for a course of action to someone: *he was motivated purely by passion*
2. to inspire and encourage someone to do something: *Her success motivated me to try myself*

We all know that wanting to change and actually doing it are two different things. Despite our best intentions, staying motivated long enough to create real change, rather than creating a balanced life or losing five pounds, is hard to do for many different reasons.

Why is it so hard to create long lasting, true change in our lives?

Believe it or not, our reasons influence our success far more than our actions.

The tips below can help you begin to explore your motivation and increase your commitment right away, in almost any situation.

Ask yourself “why” instead of telling yourself “what”.

Make a list of the top three things you want to be different in your life. Then ask yourself “Why am I making this change or setting this goal?” and write down the answers.

Look at your answers. Are you doing things because you “choose” or “want” to? Or because you “should” or “have” to?

Don't be surprised to find "should's" involved. One of the most common blocks to commitment and motivation is the belief that things “should” or “must” be a certain way.

WHAT YOU CAN DO NOW

Tip #1: If should, must and have to are common themes see if you can change the wording to something like "I chose (or want) to _____, because _____." You'll be amazed at how quickly your perspective can shift to one of choice and your excitement about the possibilities kicks in.

WHAT'S NEXT FOR MY LIFE?™

Tip #2: Ask yourself who says you “should” or “have to” in your answers. Is it your inner critic? Someone you know? What makes them right?

Ask yourself what you would choose in this situation. What do you want to happen?

Then adjust your plans and actions accordingly. Turn your "should" into your "choice."

It takes a consistent minimum of 21 days to start create a new habit and at least 45-90 days to generate a true behavior change.

Cancer survivor, professional life coach, author, and inspirational speaker Paula Holland De Long CPCC, ACC offers wisdom, advice, and tools that promote health and healing for cancer survivors and their loved ones. Her coaching work encourages thriving during and after cancer using complementary, holistic, and spiritual coping tools that transform fear into hope and choice. **What's Next For My Life, Inc.** workshops and support products are offered at cancer treatment centers and support organizations, and via teleconference. Her first book, the *What's Next For My Life? Companion Journal for Cancer Patients* has just been published and her second book about creating a new life after cancer is forthcoming.

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