

Personal Leadership

What motivator gets you out of bed?

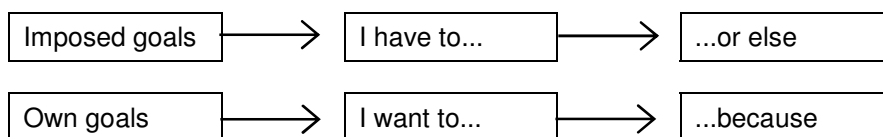
What are your motivators? What do you get excited about? What absorbs you so much that you suddenly realise time's flown by?

It's the activities that are aligned with our motivators and drivers that add energy to our energy pot, rather than drains it.

The 'Have to – Want to' model

When you have your own goals you're in a 'want to' frame of mind. You're energised and you find the energy to achieve the goal.

When you have goals imposed upon you, you're in a 'have to' frame of mind – you waste your energy on ways to avoid the 'or else' consequences rather than achieving the goal.



The key is finding what part of a goal you buy into to so you're in control, and it's not controlling you.

'Have to – Want to' reframing

Think about some of the many things you're currently doing that are imposed goals. Write down 'I have to or else' in the first two columns. Then find something that can help you reframe this imposed goal so it becomes 'I want to because' – write it in the third and fourth columns. For example...

<i>I have to...</i>	<i>Or else...</i>	<i>I want to...</i>	<i>Because...</i>
<i>Finish the report on time</i>	<i>I'll get it in the neck from my boss</i>	<i>Finish the report on time</i>	<i>It makes me look and feel reliable and trustworthy</i>

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