

Motivation...



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I went to see a fairly well known motivational speaker and author recently. He was a very dynamic speaker; similar to other motivational speakers I've seen as far as the delivery - enough so for me to wonder if there is a school for this type of thing. Of course the evening eventually led to the selling of a weekend seminar, books, tapes, etc. The gentleman next to me told me the seminar was good; he had went a couple of years ago.

As an exercise, we had to write down, very quickly, a list of goals in different areas of our life. Then we had to turn to the person next to us and pick 3 items off the list to tell that person. The ironic thing is that the guy that had taken the seminar, his goals were not really different from most others in the room, people that had not taken the seminar. He was looking to increase business, looking for a relationship, wanting more money. So why was he not where he wanted to be, as promised would happen, by attending that fabulous weekend, costing almost 1,300 dollars? Because he was inspired, but not motivated. You can spend thousands of dollars of hard earned cash, have "insert motivational speaker of choice here", move in with you, and the whole time he is there, you are rockin', and life is perfect! Wooh hoo! You're in a good place, no doubt. Well, "insert motivational speaker of choice here", leaves...so long, farewell, buhbye, you're awesome! A week goes by - two, three...What's going on? - It's gone, gone - you've lost that lovin' feeling! That's because inspiration was standing next to you the whole time. If I'm training you, and I'm not there yelling, "one more rep, you got it" - (which no matter how tired you think you

are, you will be compelled to do because someone else has the confidence to think you can), do you think you'll be doing that extra rep on your own?

True motivation comes from within! You need to find your own inner power and purpose. Having something to hold on to that is uniquely your own gives you that drive, that motivation you need to continue your path, to make lasting changes in your life. For me, it was turning 40, and I realized that personally, the only growth I experienced was my weight, and having a mother that had a stroke at 52, I saw myself heading in that direction. It was the final kick in the butt that I needed to get me into the gym, change my food choices, pursue singing gigs, and start my path to really become better acquainted with who I was, and how I can become a better person, inside and out.

How can you find your kick in the butt? Journaling is good. Having a journal will help prioritize, and set goals. Seeing specific goals in print helps you focus on them, and you can check daily to see if what you are doing is supporting those goals, or not. A lifestyle coach like myself can help you with that. There are also many self-help books, and spiritual purpose books out there. Inspiration can be found in books, and even in the lyrics of a song. My constant references were my journal, "The Alchemist", a book by Paulo Coelho, and the lyrics of the song "Drive" by Incubus.

So get your inspiration from whatever source speaks to you, but find your motivation...it's all there, within you.

As a lifestyle coach, I have helped many find their motivation. Not sure if you're at the highest level you can be? Give me call at 631-793-1945, and let's find out!