

How do you motivate “self” to take action?

By Pat Heydlauff

Sometimes the hardest thing for a person to do is motivate them self. It doesn't matter what it is you are working on or need to get done; you just can't seem to get started. It's like you need a “jump start” but don't know where to go to get the power. It can also be like a flat tire on your car. You know the tire is flat and you know that you need to put air in the tire before you can drive the car but how do you go to get air for the tire if the tire is already flat?

Is there a solution, a readily available one? Can you “jump start” or re-energize yourself to the point that you are once again motivated? Getting started on projects you've ignored for weeks, maybe even years can be quite a chore. If you've procrastinated long enough on any given project, it can really pile up making self-motivation seem like an overwhelming and insurmountable task. But, is it really?

I often hear “I just don't know where to begin”. Or, “I don't think I have enough energy to get started”. I have even heard, “maybe if I leave the stuff there long enough, it will disappear on its own”. I hate to discourage anyone but projects never go away on their own. And, the more you procrastinate, the more unmotivated you become, making what might once have been a routine simple project into a mountain sized sand pile to move with only a teaspoon. I often kid clients like this by telling them “you eat a mile high pie the same way you eat anything else, one bite at a time”.

Re-energizing self and self motivation is really much easier than you might think. There are three easy steps to follow. The first is to decide that **“today is the day to begin”**. Once you have made that decision you have put into play all of the necessary energy shifts you will need to move forward. When it comes to personal actions, energy follows intent. By making a commitment to yourself that you will begin that much overdue project, event, un-cluttering or you fill in the blank _____, your personal energy will follow your intent. Feng Shui is all about using positive energy (in this case the

positive energy of self motivation or re-energizing) to bring about desired results (getting on with the projects, events or procrastinations you've been putting off).

Step two is get a pencil and paper so you can make a list of all of the projects, issues or events that need to be taken care of. Once you have placed everything on that list that needs to be done, carefully review the list to find the single most important item on that list that would give you the best energy boost if you no longer had to worry about it. Make it No. 1 on your list, and then review each of the other items on the list giving them an appropriate value of importance. Now, you have a plan. Just creating the plan is very motivating because once you see "your plan"; you can also see that you have become focused and energized about getting those items done that are on your list.

NOW, get started on item No. 1. The most important way to motivate self is to take action. You will immediately feel energized. You will also feel in control, not at the mercy of all of those projects, events or issues you've been dreading to tackle for months on end, maybe even years. Taking action means you've taken one bite of that mile high pie or you've moved one teaspoon of sand from your mountain. With each bite or teaspoon you get closer and closer to completion and more and more motivated.

Re-energizing and motivating oneself doesn't need to be this massive make over project. It simply means creating a plan and taking one step at a time to see your plan to completion. Once you've recognized what needs to be done, make your plan and "take that first step" you are on the road to completion. With every step you take, with every bite of your pie or every teaspoon of your mountain you remove, your energy will grow by leaps and bounds.

Re-energizing and motivating self is all about taking action. Positive action creates positive motivating energy which in turn creates desired results. Just try this simple formula, it really works.

Pat Heydlauff is a “Feng Shui energy specialist”, artist and author. For Feng Shui consultations, speaking engagements and energy design work in the home or office call her now at 561 799-3443 or email her, balancingenergy@energy-by-design.com, or visit her website, www.energy-by-design.com.