

Motivation: Fulfillment and the Compelling Way

By Connie de Veer

The Coaches Training Institute suggests that motivation is best sustained when we open our awareness to *what is fulfilling in our lives right now*. They call this the “Compelling Way.” When we’re present to even small gifts in every moment, much of the negative self-talk running through our heads begins to disintegrate. This paradigm shift focuses our minds on what is abundant, meaningful, and energizing in our lives. We’re then much more motivated to take the smaller steps necessary for our long-term goals.

Fulfillment is not something we strive to have, sometime in the future. It is a “being” state that’s available to us in every moment. If we think that “when I lose these twenty-five pounds, (or get that agent, or role, or new car), then I’ll be happy and fulfilled,” we set ourselves up for an uphill climb. Our motivation slows to a crawl. We also cheat ourselves of the joy, purpose, and fulfillment available in this moment.

Motivation gets easier when an endeavor is aligned with our personal values. Values in this context refer simply to what is most important to you. For example, “Acting honors my value of language and literature.” We all know how hard it is to accomplish something that’s low on our list of personal values, or something that someone else wants us to do.

Finally, if an endeavor is something we know we do well, that taps our true talents, that feeds our motivation as well. We know we have the chops to do it. If we’re wavering in the belief that we have what it takes, our motivation can take a hit.

Ask yourself one, or some, or all of the following:

What value(s) does this endeavor honor and feed?

What talent(s) does this endeavor tap?

What do I need to do to shore up my wavering belief in my talents and resources?

What part(s) of my goal do I have already?

What would make it fun?

How can I make this easier?

Who am I doing this for? (Myself, or to please others?)
