

Life's Emotions, Procrastination, Motivation and Inspiration

How are these emotions linked and what part do they play in our everyday lives?

Mark Shields Explains.

"Inspiration comes forth from within. It's what the light burning within you is about, as opposed to motivation, which is doing it because if you don't do it, there will be negative repercussions. Motivation is making me do something that I don't really want to do. Inspiration is having the clear picture of what I am wanting — and letting Universal forces come into play to get the outcome"

Esther Hicks

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rocrastination seems to be one of the biggest problems people experience. There is an entire industry (namely the personal development industry) focused almost entirely on attempting to address this problem, helping people get clear on their goals and then motivating them via all manner of coercion to achieve them.

Guilt, irritation, shame, self sabotage, stress, the fear of not reaching ones potential, anger at self, beating oneself up, right path/wrong path thinking etc all accompany the so called unmotivated individual.

The problem is that most attempts both calculated (as in sales) and well meaning (coaching/pep talk) to help motivate others will most likely cause more problems than solutions. Why? Unless the 'helper' is doing nothing else than helping the other listen only to their own inner voice/knowing they will be teaching them (yet again) that some external force knows better than their own self what is right for them (which of course it never can).

One of two things can happen when you find yourself procrastinating or seeking to motivate yourself. You will

motivate yourself with head talk and force yourself to do something that most likely does not feel particularly good. Or you can wait (aka procrastinate), until you feel inspired from within to do it. The first, motivation, will take substantial effort, be a fleeting addictive type high followed by a down, feeling like a pat on the back that may leave you wanting. The second, inspiration takes courage, will feel genuinely good and uplifting, absorbing, purposeful and of course inspired!

On a personal note its been a journey of many years now to learn to live from inspiration, the most notable experience that sticks in my mind was when I was head of Channel Islands Local Market Banking for Barclays based in Jersey.

I had an incredible experience working for the Bank and learnt and achieved so much in what seemed to be such a short space of time. I was awarded many accolades, being voted Barclays Manager of the year probably topped them all .I was so proud of my achievement and couldn't seem to put a foot wrong. I was achieving excellent results, working with a tremendous team, and was even being appropriately named the preverbal golden ba—s by some of my senior management colleagues.

CONTINUED OVERLEAF...

This was a wonderful time for my family and I and we seemed to be riding on the crest of a wave. We had it all. The house on the hill, the sea view and the boat in the harbour but sadly it did not seem to inspire me.

I did not procrastinate for more than a couple of months as once my mind was made up I was ready to change my life for ever.

I felt inspired to become the best Life Coach in the UK. I should mention there was an element of fear in this career change as the prestige and kudos in my Bank position was what everybody seemed to want so I had to stay motivated with my new idea.

I felt inspired and motivated to study in my spare time and took the relevant qualifications at the same time I was itching to treat my first client.

It just felt better when I thought about life coaching so I took a deep breath and amicably left the Bank, in less than a week I was running my own life coaching Practice in St Helier.

An internationally acclaimed coach and personal friend told me "for goodness sake Mark, live the dream, you only live once" I was both motivated and enormously inspired by this statement and his advice helped me leave the safe zone of Banking which was all I had known for twenty years and the desire to become a famous life coach became my first choice.

The desire to inspire and motivate people to live the dream within the boundaries of their own goals and dreams was enormously satisfying.

Again, I find myself as will you, moving into new areas with new inspirations. Perhaps bashing your head against what you 'should do' ... outdated ideas and projects that are motivated by living up to some ideal set by someone else, or perhaps doing what you feel you should or ought to be doing in the hope of fantasy rewards at the end of the 'hard slog'.

It takes courage to live free and in the flow of your own calling - but the reward is extraordinary. I believe that the word inspiration originally means to be filled with life, passion, and emotional and

physical balance and wellbeing.

What better way to live?

Understanding the experience of motivation.

1. Is there a feeling of urgency and fear that if I don't take action I'll lose out on the reward?
2. Are you focused on the outcome of your performance?
3. Do you find yourself comparing your performance to others?
4. Are you concerned about what other people might think of you if you don't meet the stated goal?
5. Do you experience jerky energy... times when you are bursting forward and other times when you stall out?
6. Do you "should on" yourself? Do you ever say, "I know I should be working on that project, but ..."
7. Do you waste a lot of time feeling guilty?
8. Do you achieve goals and then wonder what the point of it was?
9. Do you sometimes feel like you have to wear a mask or recite a script to be what others think you should be?
10. Does fear keep you from taking risks or speaking the truth?

Understanding the experience of inspiration

1. Do you feel a strong sense of purpose and clarity?
2. Do you start the day with intent, eager and excited to face the challenges that lie ahead?
3. Do you believe in your potential and the value of your contribution?
4. Do you know that you have something unique to offer the world and are open to discover new ways to continue contributing wherever you show up?
5. Do you avoid comparing yourself with others and know that your path is unique to you?
6. Do you revel in the process, not

getting caught up in outcomes or payoffs, seeing them more as just the icing on the cake?

7. Do you love doing things for the joy of doing them.
8. Do you take the time to be reflective about your life path and who you are becoming?
9. Do you check in with yourself to ensure that you actually feel good?
10. Do people know what you stand for?
11. Do you have simple and nourishing principles by which you live?
12. Are you filled with appreciation for the endless opportunities and gifts of life?
13. Are you fully alive?!

Next time you feel inspired by a new idea or perhaps a fresh role model in your life, somebody you meet by chance, or a certain gut feeling that won't go away, embrace these new feelings well and use the experience to its full advantage.

Nothing happens by chance, everything in life happens for a reason, don't allow yourself to procrastinate and simply exist. Seek out the inspiration and motivation you need to lead a full and exciting life, follow your star, live your dream as I did and see where it takes you.

Good luck.

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