

Change the way you think and you just might get what you want!

Motivation is the act of moving toward (action) what you want.

Sometimes we are so immersed in the struggle and resistance stopping us from taking action that we appear unable to move, like there is a weight upon us that is so heavy that we're stuck.

Current research demonstrates that the greatest influencing factor causing this struggle is our thinking. The type of thinking in this example is the deep unconscious thinking that is telling us to give up, to stop, that it's too hard and is focused on the pain rather than the goal.

High performance sporting players call this thinking 'the wall' and have learned to recognise it as a strategic point in an event. Because they code it as a point, they are conditioned to deal with it as a normal stage of play. That is, they know it will turn up and they are prepared for it mentally and physically.

The mind is screaming to stop, that's enough, etc. The interesting thing is that past experience (skill) challenges this feedback and knows that if they keep going through 'the wall' they will hit a pain free zone and perform well until the next wall. They have learned to make friends with the wall.

This does not only apply in elite sport. It is applicable to all walks of life; it's just that in every day life we tend to frame it as boring routine rather than an integral part of a great event.

The way we frame (code) everyday events dictates how we perceive and respond to them. The human unconscious mind is a literal mechanism and performs according to what it has been told by your conscious mind. The difference between a mediocre day and a spectacular day is in the framing.

When we look at mundane chores and everyday routine we tend to categorise them as dull and 'have to be dones' rather than opportunities to take care of our lives so that when major events come around we are organized, prepared and fit for them. It is just like an elite team playing the lead up games to the grand final; they still treat every game as a major because it's the next significant link to a main event.

Sometimes in everyday day life we are so busy with the details that we forget the link to the overall outcome for our lives and remembering where we are going. The people who are motivated in life are continually aware of their intention and shape everything they do as an integral part of that intention.

Motivation is the result of clearly staying connected with what it is we are aiming for, especially when all the details of everyday life require our attention. The champion performer is able to remember their goals during the mundane routine of training - this is the difference that makes the difference.

Rex Urwin, July 2009