

THE COACHING HUB

Podcast Episode 15 - Figuring out your why to get motivated

Ruth Kudzi: I do believe that we have intrinsic motivation. We are motivated from the inside out if we are doing something that inspires us.

Hello and welcome to Conversations to Help You Thrive, with me, your host, Ruth Kudzi. I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations, both with yourself and with others, so that you can thrive in your life, in your career and in your business. How important is it for you to feel and to be motivated? Motivation, for me, is one of the key determinants of success. If we are not motivated by our goals, if we're not motivated by what we're doing, then it's going to be hard for us to achieve success. And when I say success, I want to get really clear that our success measures are very individual to us.

Some of us see success as being money, others it's freedom, others it's a feeling. So, before you even delve down into your motivation, I want you to tune into what success looks and feels like to you and when you're doing that, think about how that links to your bigger purpose, like what is your reason for doing what you do? What do you feel your purpose is for being here and for operating in the way that you operate? The more that we are able to tune into our purpose, the more we're going to tap into our intrinsic motivation, that motivation that is inside us to do the things that we want to do, because that is a special motivation.

That is the motivation that is going to get you out of bed in the morning, doing those things. This is the motivation that I want you to tap into. So, first of all, when we're looking at motivation, we start with purpose. What is your purpose? What is it that drives you? What is it that gets you out of bed? What do you want to be known for and what impact do you want to have? When I work with people, I work with purpose-led individuals. They understand why they're doing what they're doing. They connect with why they're doing what they're doing and it means that they're able to have that impact. So, purpose before motivation, and after we've got to our purpose, let's get really clear that you understand your vision. You understand where you're going. How connected are you to that? How much do you believe that this is possible?

What is going to be different when you get to that destination and how are you going to be different and feel differently? Connecting to that vision will help your motivation. So, we have our purpose. We have our vision. We have our why, as Simon Sinek says, start with why. And I do believe that we have intrinsic motivation, we are motivated from the inside out if we are doing something that inspires us and it inspires us in terms of our purpose, it's a line to our purpose and our values and who we are and who we want to be, and it links to a vision that we connect with. This is why visualization helps motivation, because if we connect to that vision, if we spend time every day visualizing and imagining that we're there, and we create those new neural pathways, then we can tap into our motivation.

We can understand why this vision is something that lights us up. Why does this vision motivate you? And if you do not change your energy when you're talking about your vision, if your vibe does not go up, if your state does not change, I would question if that is really your vision. Or if you've done a me too and you've taken on somebody else's vision, because it sounded good, it's good enough for them. "Yeah, I might go for 10K months too because yeah, it sounds good." If that ain't your vision, it's not going to feel ... And if you don't feel it energetically, it's going to be hard to motivate yourself. And this is why I see so many people falling down, they go for a vision that is not aligned to their purpose and values and who they are, and it's not even a vision that they connect with.

So, they're falling down on that why, they're not aiming for something that feels good for them. They have such an amount of constraints of shoots that it takes them away from what they really want to be doing, and they're disconnected. If you do not connect in, on a soul level and a energetic level, to your vision, then how do you expect that to motivate you? How do you expect to move forward if you are not actually connecting on that soul level? So, I would love to know, please feel free to drop me a message after you've left this or leave it in my Facebook group. I'd love to know, what is your vision? What is your why, what is your purpose and how often do you check in with that? And when you've done that, I want you to tune into your motivation. How motivated are you on a scale of one to 10 to do everything that it takes to achieve that vision?

Everything, because actually, yeah, I want to have a massive impact. I want to help people change the way they think and feel about themselves. Brilliant, but I don't want to do all the stuff that's going to get me there. I don't want to post on social media, or network, or have sales calls, or make myself vulnerable. I don't want to write down my thoughts in case people may criticize me. And of course, when I'm saying this, these are all things that our inner critic may say to us. These are all things that may keep us small. However, if we don't want to do these things, if we do not have that strong internal compass driving us forward, that motivates ourselves, we're not going to do it. So, intrinsic motivation comes from the why, intrinsic motivation comes from doing what we love doing, and we love doing it for the purpose of doing it.

Just before I got onto recording this podcast, I got a message from one of my masterminders saying, "Hey, you know that we talked about 5K months, well, last month I hit nearly 8K." She's transformed, and for me, the feeling I get in my stomach, the feeling I get in my heart from receiving that message is why I do what I do. I know what that means for her and that is enough to light me up. That is enough to say yes, that motivation, but what do I need to feel that? Well, I need to be working with clients. So, if we're going back to the beginning, I get motivated by client results. I get motivated is by their change, I get motivated by enabling that. But wait a second, if I'm at the beginning of my business, which I was four and a half years ago, how often do I get that feeling? Let's be honest, once, twice a week. I wasn't coaching lots of people.

So, if we understand that actually the motivational piece is probably most important at that beginning, because that's the time that lots of people give up. That's the time that people are really connecting down into what they need and what they want. If that is going on, then my question now shifts to how motivated are you to do the things that you need to do, that you may not enjoy doing, to get to that vision and that end result? And this, for me, is what sorts the wheat from the chaff, because this is not going to be stuff that is definitely intrinsically motivating. You may not be internally motivated by sending email newsletters, by sending voice notes, by networking, by getting your website created. This may not light you up. However, if you can identify that these steps are going to get you closer to that vision, how much will you be motivated to do them?

And Todd Herman shared some research recently and he said, "I only work with people who are motivated nine or 10 out of 10 on doing these mundane, repetitive, boring tasks to get them to where they want to be." And I would say the same, you need to be all in. You need to say that even though these things are not going to be intrinsically motivation, I'm not going to feel that fuzzy feeling in my stomach when I finish my website, but if I understand and connect that finishing that website is going to get me closer to where I want to be, I am going to finish that website. So, I want you to tune into how you feel about doing those shorter things, how you feel about doing the mundane and how you can motivate yourself to doing them. Now, obviously the vision and the visualization can help, but what else can? Well, you can give yourself external rewards and external motivations, either towards that pleasure or away from that pain, that will motivate you.

So, connect in with you, connect in with how that feels, connect in with what you want to do moving forward, because that connection is going to help you to motivate yourself. If you are not feeling motivated, my question to you is, are you doing the right thing? You can choose to increase your motivation, but you need to make that choice. So, my question to you today is what are you going to do to connect in with your motivation? So, you go out there and you achieve your goals. This is the kind of thing that I talk about in my Facebook group, The Coaching Community, there's a link below and I would love you to join me there. Thank you.

Thank you for tuning in to Conversations to Help You Thrive, with me, Ruth Kudzi. I hope that you have enjoyed this podcast. If you have, please remember to give it a rating and to share it with others. I would love you to continue the conversation over in my Facebook group, it's called The Coaching Community with Ruth Kudzi. I would love to see you there.

© ruthkudzi.com 2021