



How To Motivate Yourself During Change

As the result of developing thousands of business leaders over the past 19 years, I have had the opportunity to observe the frustration that often times accompanies the excitement of learning new things. Because we assist so many over achievers, they often times expect that they should hear something once and immediately master it. When they don't, they may become disillusioned and de-motivated. At this point, we have found it helpful to share with them the natural process that occurs when we form new habits. What is important to remember is that as we move through each step, it is real progress. You are one step closer to mastering a new habit or skill!

Step One: We have the opportunity to try the new behavior, but we automatically do the old behavior.

Step Two: We do the old behavior and afterward, we think about what we should have done.

Step Three: We think about implementing the new behavior, but we do the old behavior anyway.

Step Four: We try the new habit or behavior and it doesn't go perfectly.

Step Five: We lose our courage and revert back to our old behavior.

Step Six: We rebuild our courage and try the new behavior and it goes well.

Step Seven: We sustain the new behavior under stress.

It is now a new habit!