

## Do Something!

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### What's Killing Your Motivation?

This newsletter comes to you from Kate Harper of Harper Coaching.

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Welcome to this issue of **Do Something!** - the newsletter that drops into your inbox every 2 weeks and is intended to inspire you to change the way you think and to stimulate you into action.

Welcome to all our readers, new and not so new!

I am so happy to be able to say I have subscribers from pretty much all over the world - **Albania, Australia, Canada, India, Ireland, Italy, Japan, New Zealand, South Africa, Switzerland, the UK and the USA.**

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I have had a very busy couple of days and have not managed to get enough sleep. As a result, my enthusiasm for almost everything has taken a dive. Fortunately, I am aware of what is making me feel this way and can do something about it, the first being a relaxing evening before going to bed at a reasonable time. That is making me feel better already!

Are you aware of the things that affect *your* motivation? What kills yours off the most? What makes you feel at your most motivated? Take some time to think about it, and then you can do something about it.

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**Do Something** to move you towards your goals. Do you have a clear vision of what it is that you are trying to achieve? You need to be sure about where you are going, even if the path you take to it is a meandering one, otherwise you will not be able to push yourself through the tough times that may occur. Seek out the company and support of like-minded people. By spending time with others who are motivated and encouraging you will feel more inclined to keep going.

**Do Something** today that you've been putting off for a while. Finish at least one task that you have uncompleted, however small. Then do another. Don't wait for others to remind or nag you before you start. You can be a self-starter. If you need to learn something, find out how you can and either buy the book, take the course or ask someone who can show you how. Once you know more, you are likely to grow in confidence. This will encourage you to continue. What are you waiting for? The time to start is NOW!

(If Procrastination is one of your challenges and you haven't already done it, click [HERE](#) or go to <http://www.harpercoaching.com> to sign up for my complimentary 7-day mini e-Course on this subject.)

**Do Something for yourself.** Are you getting enough sleep, relaxation time and are you eating in a way that gives you the energy you need to carry on? What are you putting up with? Are your surroundings conducive to working and living easily? Or are you surrounded by chaos and clutter? Do yourself a favour and start to tackle any disorder, before it completely overwhelms you.

**Do Something active every day.** By keeping fit and active, you will be able to face almost anything. Make sure that you schedule in regular time to keep moving or at least make a conscious effort to move when you can. Inactivity leads to lethargy.

**Do Something because you want to, not because you *have* to.** Feeling under pressure, even if it from yourself, can drain your motivation instead of boosting it. If you use extreme negative language on yourself, you are likely to feel resentful of, rather than engaged in whatever it is you need to do. Check the language you use and change it if necessary to support your desire to get a job done. Remember, you have the choice about how you look at a situation.

**Do Something new every day.** Routines can be helpful, but they can also kill motivation and enthusiasm. By doing something new and fresh every day you will add some sparkle to your day and keep yourself stimulated. Now what can you do that is new today? Make a list of as many as you can and tick one off each day.

**Do Something creative every week.** Get creative with ideas of how you will reward yourself once you have achieved a task. What would inspire you to put in the effort? It could be allocating yourself time to do something you love rather than spending money on something you desire. You can also use your creativity to motivate yourself with images and words placed on a board to give you a visual reminder of what you are acting to achieve.

**Do Something for nothing.** Addressing those things that are draining your motivation will allow you to get things done. If you do nothing, nothing will change. Do something, and you will be able to change so many things!

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**Do enjoy this quote:**

*"Be a fountain, not a drain."*

*Rex Hudler*

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I do hope that this issue of **Do Something!** has inspired you to get rid of anything that kills your motivation!

Have a good couple of weeks and, even if it's only a *little thing*, **Do Something!**

Warm wishes,

**Kate**

**Passionate about helping you achieve your goals.**

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