

Do You Want to be Motivated or Inspired?

by Janet Christensen

You hear how important it is to be 'motivated'. Have you ever wondered why many people set goals and do not reach them, and why so many New Year's resolutions go unfulfilled? The key is what lies behind the goals, the resolutions and the motivations.

Motivation is about willpower and specific achievement. Motivation is mental and logical, and is usually externally driven, either by the expectations of others, by fears or by problems. For example, you may have sales quotas, or a bonus structure at work intended to *motivate* you to produce results. You may feel obligated to perform certain tasks or duties because others *expect* you to do these things. You may be forced into action out of fear – what will happen if you don't act? It may be necessary to work overtime to avoid being fired, or you may go on a diet and exercise regime out of fear for health concerns. You may be motivated by the need to solve a problem, for example, fixing something that is broken, being in debt, or a health issue. Filing your annual tax return is an excellent example of being motivated to do something; it is an *expectation* placed on you by the government, there is *fear* about the *consequences* of not doing it, and there is the *problem* of the due date hanging over your head. Motivations are usually about external expectations and circumstances, sometimes fears, and are always about achieving results. Motivation can be hard work. It may flow when it is aligned with your passion, however on its own it does not have a lot of positive energy.

Inspiration comes from deep within and results in positive energy and flow. Inspiration is more enduring than motivation because it is more intuitive and is fueled by an inner drive. You are *inspired* into action. Inspiration comes from your spirit, your soul, and you are *inspired* to express it. When you are connected to what inspires you, you experience a powerful flow of energy which allows you to respond to the circumstances and events of life with creativity and wisdom. This is not a struggle and it is not hard work. You are able to live your life with confidence and ease because you come from your inspired energy, inner wisdom and potential.

When you are connected with inspired energy, you are more clear in your intentions about what you want to create and manifest in your life and in how you want to live your life. You make inspired and conscious choices and decisions, based on your blueprint for how you live your life and travel your life journey. You have clarity to discern what **you** want to do from what other people *expect* of you. You honour yourself and what is most important to you.

When you act from inspiration and passion you inspire others. Your energy, enthusiasm and creativity will make you a powerful role model. People will be

attracted to your energy and passion – wonderful people who are inspired by your presence, by how you are living and by what you are doing.

The truth is that you are either marching passionately to your own drum beat, or you are marching to someone else's drum beat. The choice is yours. You can choose to live your life by default, according to what other people expect and plan for you, or you can choose to live an inspired life with passion, purpose and personal effectiveness. What will it be?

Janet Christensen, Retirement & Power Coaching®, Presentations
Dynamic Awareness Inc.

(519)434-5397 janet@dynamicawareness.com www.dynamicawareness.com