

What's Your Mindset Newsletter

from **Helena Radeson - Your Partner to GET YOU WHERE YOU WANT!**



Difficult to get started after summer?

Or: A 3-step method to get you kick started into H2 and make sure you are set to reach your year-end goals

Getting out of the summer vibe and getting geared up for the second half of the year is easy sometimes, and it can be really hard other times. When it's easy you flow into it, picking up pace as you get into it. When it is hard it's just difficult, you feel lost and confused, like you don't know what you're doing. What's the deal with that anyway?

“When it's easy you flow into it, picking up pace as you get into it. When it is hard it's just difficult, you can feel lost and confused, like you don't know what you're doing.”

Well, not only is your brain probably still on vacation mode and half turned off and doesn't really fully remember what you were up to that felt so important before the vacation. In addition, the different bits and pieces you were doing before vacation leave you feeling a bit confused on where to start. Both feelings can bring a sense of overwhelm and can easily take the little motivation you had when starting up away completely. It's just too blaaah and complex and you can't be bothered. It seems easier to just give up, do a little here a little there, to be reactive to incoming tasks.

“Both feelings can bring a sense of overwhelm and can easily take the little motivation in you away completely.”

The pattern that I have identified over the years, from my own experience as well as from that of my clients comes down to this: How much in the driver's seat you feel when starting up the second half year is linked to clarity and motivation. In effect: Do I know what I'm doing and am I aware of what motivates me to keep going?

“How much in the driver's seat you feel when starting up the second half year is linked to clarity and motivation.”

Identifying those might sound like a huge and exhausting process. It can be. If you let it. I would suggest instead to narrow it down completely. To steer safe of the complexity and go for the tangibles.

Let me share with you a 3-step method for maintaining focus and motivation.

NB: The second you feel yourself getting too out there, too complex, overthinking, procrastinating, catastrophizing – STOP! Just stop. Allow yourself to make it easy.

NB 2: Yes, this start is equally important when it feels easy to gear up, it secures you use all that flowing energy in the right direction!

“I would suggest instead to narrow it down completely. To steer safe of the complexity and go for the tangibles. Let me share with you a 3-step method for maintaining focus and motivation.”

Here we go, framed as three questions:

1. What’s your goal till the end of the year?

(If you never got around to formulating your goal, it’s not too late, do it now!)

Take a good look at the goal you set for yourself in the beginning of the year.

(And if you never got around to writing it down, do that now! The written word makes us formulate ourselves more poignant and it brings with it a sense of accountability. Plus, when our thoughts are written down, we can always return to them to remind ourselves, to rethink and to reformulate. Why wouldn’t you want to give yourself that chance?!)

Taking a good look at the goal: Is it still valid and relevant? Has anything changed in the external world, in your capabilities or in your set up that means you need to tweak the goal?

This is important. Don’t be afraid to make adjustments. Change is the only constant, which means that your goal and your roadmap to getting to it have got to keep adjusting too. Think of it as a rocket heading for the moon, you better keep adjusting the route, because the moon keeps changing its phase. If you don’t, you’ll be sure to miss it.

2. Where do you need to focus?

You can't do everything at the same time, it'll just turn into a mess. One step at a time is the answer.

Look at your big goal and break it down into smaller goals, goals that are more hands on, shorter term, that one step at a time take you in the direction of your big goal. This gives you a road map for where you want to go in sizes that are easy to perform, easy to fit into your calendar and easy to follow up.

Also, you will have more reasons for celebrating goal achievement along the way, who wouldn't want that?!

3. What's in it for you?

You want to feel your goal, envision it, see yourself nailing it.

How does that feel? What does it bring you? Who does it make you?

Figure out what's in it for you when reaching this goal, why do you want to do it, what's important about it? How is your life going to change once you have achieved it?

Be true to yourself here, what is your driver, what motivates you to do this? Why do you want it so badly? And name it. Write it down.

This trigger is your motivation for keeping going and for maintaining focus. I'd even go as far as saying that if you don't feel it, if it doesn't make you excited, if the motivator isn't 'good enough', then something's got to change. And that something is either point one or point two, the what or the why, the goal or the benefit, the clarity or the motivation. If not, you'll be making it so much harder on yourself and building up for disappointment.

Having your motivation clear means you can constantly refuel, get back in the race. It gives you automatic focus.

That's it!

Sounds too simple?

Read through only the questions again, makes sense in it's simplicity, doesn't it?

"What's your goal till the end of the year?"

Where do you need to focus?

What's in it for you?"

In my experience, this 3-step process will set you off in the direction of reaching your goal because you know the goal, you know what to focus on to get there, and you know why it's important to you, so you keep your motivation high. It also prepares you for knowing where to not waste your energy, so that when things turn up you ask yourself 'does this fit into my goal, will it help me achieve my goal?'. This will increase your focus incrementally.

You can go through this process as a quick fix jump start or you can do it in a more detailed, thorough manner. You can do it on your own or you can use a professional sparring partner for depth and accountability. Either way, the important thing is that you use it.

"You can do it on your own or you can use a professional sparring partner for depth and accountability. Either way, the important thing is that you use it."

What do you say, want to set yourself up for success for the rest of the year?

HELENA RADESON

PERFORMANCE COACH & CHANGE CONSULTANT

+41 79 284 25 31 | hallo@helenaradeson.com | www.helenaradeson.com

