

Ways to keep passionate, motivated and exert self discipline

Working for yourself is one of the hardest things a person can do. Very few of us are so regimented and strong we can dedicate ourselves absolutely and completely to a purpose and block out all other distractions, especially if there is no physical product in front of us. Sitting in front of a computer, the distractions are innumerable.

Working and *parenting* brings other forms of distractions. A putrid odour omitting from the rear of your toddler puts a speedy end to any other train of thought you may have had, and you literally need to drop everything. Then you see a mess on the floor, or a cup that needs to go to the sink – on it goes. The younger the children, the harder it is to have them around when you work as they don't grasp the concept of "you time" and do need additional supervision and assistance.

Self discipline is hard. To successfully run your business you will need it and you will need to make some sacrifices. Not in a bad way – but, at least at the outset, there will be some trade-offs. In the long term however, you will have your cake and eat it too. Mine is most definitely going to be chocolate!!!

If you lack self discipline at the best of times and function best with a manager or really need supervision to keep you motivated, working from home may simply not work out. However, plan around yourself. I have to. I have a bad memory and am very easily distracted. I plan that I will forget things. So, I use a diary, Outlook, my mobile telephone and sticky notes. I leave notes around the house for myself. I have a whiteboard in the kitchen. I set little goals constantly and use an alarm clock to keep myself in check so I don't go surfing the net instead of writing new article or working on what I should be. Put stop gaps in place that force you to complete your tasks. Use external motivators. Do whatever you have to do to reduce the things that break your discipline i.e. distractions, housekeeping, tv, telephone, social networks.

The list below has suggestions for ways to keep yourself "in line" and "be a boss" for yourself. Often we really need guidelines and boundaries in which to function. They are provided in conventional workplaces – why not set your own for your personal workplace?

Get Passionate

Do something to reignite the fire in your belly. Tony Robbins is probably one of the most famous examples, but there are hundreds out there.

Go to a seminar, webinar, watch a training DVD or read a book. Every day there is something on for free if you search the internet.

Refresh yourself daily by listening to audio programs of your favourite motivator. Have an audio program in your car. Wayne Dyer is my all time favourite.

Use your vision board. If you haven't got one, you need one. I have a huge piece of cardboard with a picture of myself at the centre. The whole board is filled with my visions, and they are not all "things". I look at it with Joshua, my son and talk about what it's going to be like when we have the things we are dreaming about. (Although he is small, it is teaching him from the outset about actively visualising and the joined power of 2 visualising brings even more strength to the process). Refer to "The Secret", by Rhonda Byrne if you would like more details. You must actively *use* it. *Look* at it, talk to it, meditate on it – every single day. This is the PICTURE of why you are doing all of this. Picture yourself already living in those pictures.

Learn new things, read anything and everything you can. Attend any information events or presentations that you can, in person, on the internet. Become a living sponge for information. This keeps your brain alert, alive and active. Everything you see and hear goes into your information reservoir where it is processed and then becomes inspiration for the birth of new ideas.

Make what you are doing enjoyable

If you really, really hate what you are doing, you shouldn't be doing it. Get someone else to do it or orchestrate a way around it. You are obviously already creative to be looking at alternate forms of work and to create your own business, reassign some of that creativity into offloading the yucky bits.

For me, this is accounts. I was so naughty, I would let them pile up for weeks and employ any excuse I could to avoid doing them. I would then have to spend hours catching up. So, I now get someone else to do it. She spends only 1-2 hours per week doing something she really enjoys and my life is much happier. I use a local student – so she's easy to train (I still do the complicated things) and CHEAP!! It's only really data entry – receipts and expenses. Ahhhhh.... another 1-2 hours for me to do what I *love to do* each week!!

When you are doing something you really believe in, love and are really passionate about your enthusiasm will be unbounding. We have to remember however, we *are* human. We have cycles and rhythms and even those with seemingly super powers can have a downward flow every now and then. By constantly motivating yourself both internally and externally, you will reduce that low rhythm and you should slide over it relatively unnoticed.

Remember that if you're doing something you love and really want to do – you're already a success. The rest is cream.

Plan for Success, Deadlines motivate action

Ensure that each day is planned and filled with tasks that are planting firm steps towards the attainment of your goals. If each task (in your mind) is clearly a part of the path toward fulfilling your dream, it will be a step you want to take.

Work to a timetable, even if it is only around morning tea, lunch and afternoon tea. Set deadlines for each task. You'll find it easier if you need to meet a deadline.

Push aside those other tasks that don't directly move you towards your goal. Always work for your purpose.

If you have tasks that you don't feel like doing, but feel that you have to do them, examine them more closely. Do you have a choice? Why must it be done? Look at that answer... If you dissect it even further you will no doubt see a deeper purpose that you *do* feel passionate about. Once you find a reason that you are passionate about and can link it to the task at hand, you will see it trigger renewed reason to get on and complete that task. You will feel your feet stop dragging on the matter. An example would be working at a job you don't really like at night to fund your dream joint venture. A. There is an end in sight – it's only temporary; and B. This is giving you the money to fund your dream. Each paycheque is one step closer to giving up that job and obtaining your dream.

Share your enthusiasm.

It reflects on other people and in turn back onto you. This alone can keep you motivated

Consider your environment.

Make your work environment as pleasing to spend time in as possible. Light, airy and well planned areas are a pleasure to sit and create in.

Conclusion

A stitch in time saves nine. It's true. If you can do everything you can to keep up tempo and motivated throughout your working day, you are less likely to end up in overwhelm, with a backlog of work and feeling that work is a chore. Keep your mindset positive and keep your excitement and passion for what you are doing alive. Connect with others like yourself and motivate each other.

If you struggle with motivation, you have found my key area. I provide one-on-one sessions where I can act as your accountability partner, your sounding board, advisor or just that foot that keeps pushing you along towards your dreams. If you struggle with motivation or time management and would like some assistance, please contact me and we can work out a way that I can help.

If you found this helpful, or would like to learn about these topics in more depth, please visit my website www.workathomeandparent.com or feel free to contact me for more information. Take advantage of a free 20 minute consult.

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