

## Empirical Coaching Motivation Generator Worksheet

### Goal:

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Once you've taken the time to write down your goal, you may like to take few moments now, relax and imagine in whatever way is right for you, achieving that goal; imagine being in your own body, looking out through your own eyes, what will you see? Are you aware of any noises? What sensations and emotions are you noticing?

Once you're though come back to the room now, and answer the following questions

### What do I value about this goal?

(For example, if your goal is to fit into a size smaller dress, for one person this could be to feel more attractive, to another it may be to remove pressure on the joints, which might then lead to health on the second questioning etc.

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Answering the above question will help you dig out, what is really important to you, and allow you to see clearly what is underlying your desires. If you do this for several goals, you may well find common themes coming through. Should you happen to find that your have values conflicts that's fantastic. I suspect that this may well help you explain some patterns in your life.

For example, imagine someone who values freedom and security, and they way these are "wired up" in their heads – they believe can't have both. So the more secure they feel, the more unsettled they become, so they start to sabotage their security to get some freedom, then the more free they feel, the more insecure they feel – so off they go again – Have you ever met anyone like this?

I deal with values and values conflicts in much more depth on the Empirical Coaching Personal Empowerment Series, but for those of you who aren't in the UK. I'll be covering these in emails.

People often wonder, why is discovering their values important?

Well, most of your values were formed very early in your life, many totally unconsciously and so not only can people end up with values conflicts tearing them

apart. They may find that their current goals are in conflict with their values; no matter how hard they try they keep sabotaging themselves!

By eliciting and understanding your values, you can ensure that you begin to align your values and goals focussing in on achieving what is really important to you – this increasing personal congruence is one of the keys to a successful and happy life.

The next question is similar and it is very important to ask it if you are interested in consistently getting more of what you want in life. It is

**Why do I want your goal?**

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This may seem a simple question to answer, but many people don't recognise the importance of asking it.

The principle behind it is simple and after experiencing the power of using it once or twice, people often wonder how something so simple to ask can be so often ignored.

*The stronger and more clear the **why**, the easier the how becomes!*

Should people not agree with this, then it often helps to go to extremes.

For instance, how easy would it be for someone to stop smoking if someone put a gun to their head and said they'd shoot the next time you lit up!

This may seem like a stupid example, but smoking is just an example something people think they have no control over, after all its "addictive" – but this example demonstrates that given the right motivation, they are in control (and they always have been) its just a matter of why do you want it!

One more thing, this is a very powerful process, so I'd suggest you do it on all of the important areas of your life, its much easier to succeed in life, when the people around you are sharing and growing too.

If the why is important enough to you, then you will be amazed how much more motivated and excited you become, but be careful you don't want to have too much fun, do you?

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