



**A W A K E N**  
p s y c h o l o g y

healing  
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growth



## WHEN YOU SAY “I CAN’T”!

Wow, where did January go? And how is the New Year treating you? Did you set goals for this year, and if you did, how are you progressing with them? If they’re not going so well, then maybe this article is for you. This month we look at how determination and perseverance are much more important than motivation!!

And don’t forget, our last article was about reflecting on 2018, finding ways to purposefully rejuvenate, and creating your intentions for 2019. Click [here](#) to learn more, and to access all our previous articles.

## Is Motivation Really The Key To Success?

**By Amanda Pulford**  
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**Motivation** is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

**Determination** is an emotional feeling that involves persevering towards a difficult goal in spite of obstacles.

**Perseverance** is the continued effort to do or achieve something despite difficulties, failure, or opposition.

If you’re interested in our previous articles, please click [here](#)

If you’ve got a suggestion for an article, or there’s something more you would like to hear about, please send us an email - click [here](#)

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So, after reading these definitions, what do you think is most important to get anything done? HINT : do you always feel motivated to cook, do the dishes, or do the washing BUT does it still get done?

Most people will think that in order to get anything done (especially goals or something new), you have to feel motivated to do it first. Welcome to the motivation trap!!

The motivation trap, according to Dr Russ Harris, is that we wait to feel motivated before we take any action. Seems pretty logical, doesn't it? Unfortunately, if you're always waiting for motivation to hit, you may be waiting your whole life. You're waiting for motivation ... and guess what, motivation is waiting for you.

So, what comes first? Well, sometimes it's motivation – we're really excited about what we want to do or achieve, and this gives us the motivation to get on and do it. However, there are other times when we have something that we want to do or achieve, we take action, then the motivation follows.

Let's take a goal, or a New Year's resolution, as an example. Pretty timely, huh? You may have decided to meditate three times a week as part of your way of dealing with the stressors in your life. You're motivated to do this because you've heard from your best friend that it's really helped them. So, week one of January – you meditate Monday, Wednesday and Friday. You get to the end of the week, feel a sense of accomplishment and achievement, and this adds to your motivation to continue.

**Scenario 1** : Week two – you meditate again on Monday, Wednesday and Friday. You start to notice some benefits (even if they are small), and your motivation is

growing. This growing motivation helps you to continue with your practice – and at the end of the month you can say you've achieved your goal for a month.

**Scenario 2** : Week two – it's Monday and you wake up with a cold : you feel stuffy in the head, your nose is running, and all you want to do is sleep. Motivation has strangely gone and visited someone else. Ugh. BUT – you remember, you made a commitment to yourself, and you think "Even if it's only for 5 minutes, I'll still meditate". So, you do. And voila, you not only feel better about yourself because you've stuck to your commitment, but you're more motivated to do it again on Wednesday. You continue with your meditation practice – and even on difficult days you are determined and you persevere – until at the end of January you can say that you've achieved your goal for a month.

Achieving can look like :

Motivation → Action → Achievement →  
Motivation → Action → Achievement → etc

OR

Action → Achievement → Motivation →  
Action → Achievement → Motivation → etc

**Remember** : taking **any** action towards your goal or task helps to build a sense of accomplishment or achievement, and helps to fire your motivation.

**But**, it's also worth saying that **committed action** – or action that is consistent with your values in life – will bring you more reward, and more motivation. These are actions that are consistent with the type of person that you want to be. So, if health is important to you (because it helps you to get through your day, it helps you connect with your children, and it means you'll live

a long life full of doing what you want to do), a committed action would be cooking a healthy meal (even when you don't want to) over getting takeaway.

And yes, your mind will constantly try to steer you away from action and committed action. It might say "I'll do it later" "I'm too tired" "I'll have more time tomorrow" – or it might even say "I can't do it" "I'm not good enough". Know that this is normal and natural – that your mind is trying to trick you into taking the short-term 'easier' route. Taking actions may seem impossible, until you actually do them.

Again ... a great quote to leave you with is from the book **The Subtle Art of Not Giving a F\*#\$** by Mark Manson ...

"Don't just sit there. *Do something*. The answers will follow ... If you lack the motivation to make an important change in your life, *do something* – anything, really – and then harness the reaction to that action as a way to begin motivating yourself."

## The Take Away

Don't wait for motivation ... just do something ... anything!

## Articles

### The Science of Perseverance

<https://www.michaeldpollock.com/mindset-motivation-perseverance/>

Struggle, setbacks and short-term failures don't have to drain your motivation. They don't have to make you want to quit before you've put in enough time and effort to reach your goal.

## 10 Motivation Myths That Keep You From Reaching Your Goals

<https://www.verywellmind.com/motivation-myths-that-keep-you-from-reaching-goals-4099392>

We all like to think that we have a pretty solid understanding of what makes us tick. The reality is that we are often surprisingly blind to psychological factors that contribute to our success and failure. Research has shown that people underestimate what it really takes to achieve their goals.

## Talks

### Grit : The Power of Passion and Perseverance

[https://www.ted.com/talks/angela\\_lee\\_duckworth\\_grit\\_the\\_power\\_of\\_passion\\_and\\_perseverance?language=en](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en)

Leaving a high-flying job in consulting, Angela Lee Duckworth took a job teaching math to seventh graders in a New York City public school. She quickly realised that IQ wasn't the only thing separating successful students from those who struggled. Here she explains her theory of "grit" as a predictor of success.

### The Discipline of Finishing

<https://www.youtube.com/watch?v=zXCiv4sc5eY>

If you had €1000 and you could invest that money in someone's future, who would you bet on? Is it yourself? What's the criteria for choosing someone who you can guarantee will succeed. Is it someone who eats a marshmallow ... or someone who doesn't?

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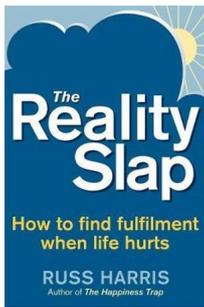
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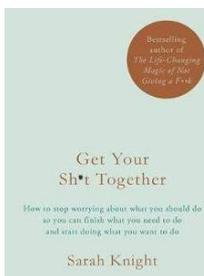
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## Books



### **The Reality Slap** by Russ Harris

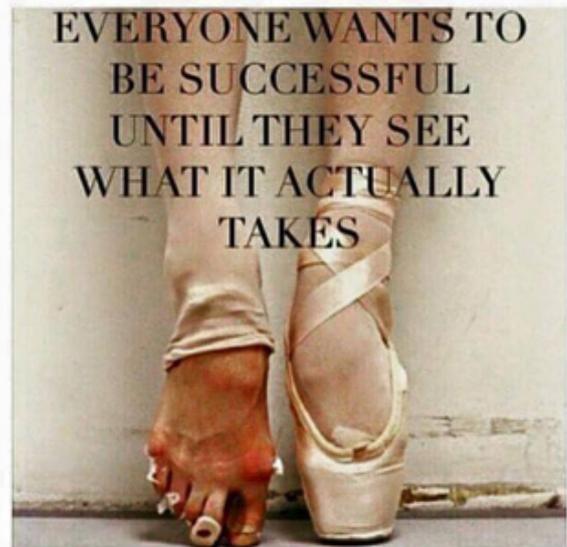
Sometimes it can feel like there's a gap between what we plan or hope for in our lives and the reality we're faced with: a so-called 'reality gap'. Sometimes it's a startling reality gap caused by the death of a loved one, for example, or a serious illness, a freak accident, divorce or the loss of a job. Sometimes it's a little gentler: envy, loneliness, resentment, failure, disappointment or rejection. But whatever form your 'reality gap' may take, one thing's for sure: it can cause us great distress.



### **Get Your Sh\*t Together** by Sarah Knight

A no-holds-barred guide to living your best life. Ever find yourself snowed under - or even just glued to the couch - when you really want to get out (for once), get to the gym (at last), and get started on that daunting dream project you're always putting off? Then it's time to get your sh\*t together. Get Your Sh\*t Together helps you to realise what is important to you, and helps you to put plans in place to achieve these.

As always, if you would like some help, please feel free to contact us on 0488 954 195, [admin@awakenpsychology.com.au](mailto:admin@awakenpsychology.com.au) or [click here](#)



If at any stage, you find you need urgent assistance – go to your closest **Emergency Department**, call the **Mental Health Emergency Line** on 13 14 65, or call **Lifeline** on 13 11 14.

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