

MOTIVATION BOOSTERS

Our drive has dwindled and now we're stuck acting like a Deflated Doer. These exercises, each designed around a specific Deflated Doer feeling, help relocate missing motivation. Try the one that matches your main emotion.

Feeling discouraged:

ZOOM OUT

When we try really hard, we can miss a clue or two about the best approach. Let's step back and see how to adjust our efforts.

1. Ask yourself and jot down

- What five words characterize the people involved?
- What does the group value most?
- What are the goals of the group?

3. Pick one of your out-of-sync items and find a small way to lessen the burn.

2. What's out of sync?

Based on your answers, in what ways might your approach rub the wrong way?

1. _____
2. _____
3. _____



Feeling defensive:

IMAGINE POSSIBILITY

We're so intent on keeping the bad things at bay that we can't make room for any good stuff. Time to start dreaming about what if, and how it can come true.

- + What if I looked for a new way of doing it?
- + What if I let someone help?
- + What if I expected the best?
- + What if I expected something different?

Feeling detached:

EMPATHIZE WITH THE "ENEMY"

We've distanced ourselves, and now it feels like we're on opposite sides. "It's a belief issue," say our colleagues at Teamworks (www.teamworks.is). "When one person actively does not believe in how and what the team is doing, it's quite toxic." And that goes for personal relationships, too. Here's the antidote:

When you're feeling wronged or misunderstood, tell the story of what happened from the other person's perspective. Think about who they are, their past experience, what they know about you, what your behavior looks like to them. This exercise in empathy should reveal ways you can better collaborate.

Unstuck tools can help

- Eliminate tasks with "Shake Up Your Routine."
- Make a plan with "Get Your Game On."
- Make decisions with "Pros vs Pros."

Learn more at www.unstuck.com

Feeling deluded:

GET OFF THE WHEEL

Whether we saw it coming or not, we're chasing a growing list of responsibilities. Here's how to get a sense of control.

First, reconsider

- What is my expectation?
- What do I keep telling myself that keeps me overwhelmed?
- What would be realistic?
- What can I get rid of or put off?
- What's missing?

Then, readjust

- Let people know the situation. They may help out or sympathize.
- Take time out to organize. Categorize tasks, break them down, create a game plan.
- Do one thing at a time.
- Focus on what you're doing, not what isn't done. Track your accomplishments and let others know.

