

## How to Work through Lack of Motivation

Motivation can go into two extremes. It can be used to the extreme where you are using it to achieve goals and aspirations so that you can receive exterior praise, validation, and a form of acceptance. Or, the other extreme, where you lack motivation which is linked to depression and procrastination. Both perspectives are linked to trauma. The objective is to find a healthy balance between achieving tangible goals that are associated with the authentic self.

Why is motivation linked to overachieving?

This was most likely because in your childhood you were told that by not being proactive, motivated or “doing something”, you lacked purpose.

Why is motivation linked to depression?

Motivation is linked to depression because of the expectations and standards that you needed to uphold in your environment which made you go against yourself. The truth is, none of it is your fault.

Notice which extreme you are in, procrastination included because it's your body's way of regulating your nervous system. It's that neutral ground. The unfortunate part is that there are feelings of guilt that are associated with procrastination because we are told we are not good enough if we are not executing at a specific volume.

Indecisiveness is also very much linked to lack of motivation. Most likely in your childhood, choices were made for you and expected from you to uphold your parents status. What mattered the most to your parents was what people thought of them externally and as a family unit.

Does this mean we need to give up goals?

The answer is NO, as long as these goals are helping you better your experiences for yourself and are providing a sense of self.

You need to develop a mindfulness practice where you check in with yourself every time you set a goal. You need to ask yourself the following questions:

- 1) Am I doing this for myself or am I doing this for some else?
- 2) Does this goal need to be achieved at all? If it wasn't achieved, how would that make me feel?

- 3) Is my mental health suffering because I am in one of the extremes?
- 4) Can I do something that fulfills my soul (feels better for me) before you entertain that goal/achievement/task?

### Visualization Technique

Close your eyes and visualize you doing the task/goal. Notice if it makes your body contract and deplete your energy, or if your energy expands (the body opens up) and it gives you energy. Expansive energy means that you are in alignment to the goal and the achievement. Contraction shows you that you are not. That is most likely why you are lacking the motivation to do it. It's because it is not connected to your true self.

Example 1: cleaning the house - if you find it hard to do, can you ask for help or hire help, instead of feeling the need to do it yourself?

Example 2: working out - do you need a friend to motivate you or trainer, or do you need someone to help you work through your emotions to understand why you're lacking the energy to work out?

There are stages to unravelling the traumas associated with motivation. Take it as a healing process and as a trauma response. Most individuals assume that you have to wake up with a healthy mindset to achieve goals and they forget the most important part, that true purpose and achievement is learning to just BE. Meaning, slowing down, creating a plan, asking for help, walking away from things that are triggers and working through triggers, and simplifying life.

How can you simplify your life?

What would you have to let go of and what would you have to move towards in order to create a simple life?

Can you let go of materialistic expectations? Understand that motivation can be very much linked to materialistic expectations and image (how people perceive you).

How do you perceive yourself?

Are you ready to change your behaviour?

Can you find your balance?

Are you ready to let go of the guilt? What would change if you did?

I hope you are motivated enough to move closer to your true self (authenticity) because when you do, you will never lack motivation again. It will feel like an awakening.