

Motivation_(s) chocolate

Imagine, today you're not in the mood to do any daily routine work at all. How can you get yourself on track again and achieve your goals? If you are demotivated, you usually have more than one reasonable argument for your mental hassles. But Nevertheless - it's your own decision.

You have the responsibility to choose the track you want to be on. Either you act or you fail to accept personal responsibility and stay passive. But doing nothing is doing something.

You always have the choice: Love it – Leave it – Change it.

How to combat poor motivation... should I reward myself?

There's that tiny piece of chocolate you are looking forward to. A tiny piece you want to enjoy to the fullest. Although – beware! Chocolate can leave a bad taste in your mouth.

Read this story, Mahatma Gandhi used to tell...

One day, a 15-year old boy had become obsessed with eating sugar.

His mother was very upset with this. But no matter how much she scolded him and tried to break his habit, he continued to satisfy his sweet tooth. Totally frustrated, she decided to take her son to see Mahatma Gandhi; perhaps her son would listen to him.

Gandhi listened to the woman carefully, thought for a while and replied,

"Please come back after one week. I will talk to your son."

One week later they revisited Gandhi. Gandhi talked to the boy in private.

From that day on, he stopped eating sugar.

The boy's mother was puzzled. She turned to Gandhi and asked, "Gandhi, how did you do that?"

Gandhi smiled, "Mother, for one week I avoided all sugar myself and as I talked to your son, I could find the right words."

A must or a choice?

What sense did it make for the boy to eat chocolate that much? How would it be, if he refrains from it for a longer time and then allows himself a little piece of chocolate from time to time? Wouldn't this scarce indulgence have totally different effects? Chocolate, that merely satisfies needs, doesn't really taste.

It's eaten unconsciously, under stress and invokes remorse and a bitter aftertaste.

Generously grant yourself to taste your "chocolate" – character by character, reflecting any situation in which you were demotivated.



Choose to motivate yourself

Open your mind

Clear your thoughts

Omit demotivating habits in your life

Love the things you eat

Attentiveness and care for the things you do

Take three deep breaths before you take action

Energize yourself

Don't just try to change the things you eat.

Get an inside look and start changing your attitude.

This is more useful and enables an enduring change.

Recapturing that lost feeling of purpose is a long and complex way.

Getting you on track again often starts by making yourself aware of the things that are demotivating. Then act and make a change. If you succeed to pursue your goals, consciously changed behaviour will empower you to establish long-term changes in our life – and guess what: you'll soon love to sit on your sofa and enjoy a little piece of chocolate.



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