

DRIVEN TO SUCCEED

by Geoff Edwards

WHAT GETS YOU UP IN THE MORNING AND DRIVES YOU EVERY DAY? THIS SHOULD BE A QUESTION YOU ASK YOURSELF DAILY. WHAT GIVES YOU THE DESIRE TO DO WHATEVER IT TAKES TO SUCCEED? IS IT YOUR DRIVE FOR CONNECTION WITH OTHERS, GROWTH AS AN INDIVIDUAL, CONTRIBUTION, OR HOW YOU WILL FEEL WHEN YOU ACHIEVE YOUR GOALS? IT IS IMPORTANT FOR ALL OF US TO KNOW THIS SO WE CAN APPROACH OUR DAY WITH THE TOTAL FOCUS REQUIRED FOR SUCCESS.

Staying driven can be a challenge — your drive can be attacked by negative thoughts and anxiety about the future. Everyone faces doubt at some stage in their lives. However, what separates the average performer from the highly successful one is your ability to keep moving forward. This article will assist you to understand how important drivers are for you and an idea of what your drivers may be.

“Success is almost totally dependent upon drive and persistence. The extra energy required to make another effort or try another approach is the secret of winning.” Denis Waitley

REASONS WE LOSE DRIVE

There is no simple solution for a lack of drive. Even after beating it, the problem could reappear at the first sign of failure if you don't condition your mind for success. The key, however, is to understand your thoughts and how they drive your

emotions. By learning how to nurture motivating thoughts, neutralise negative ones and focus on successes, you can pull yourself out of a slump and move on to amazing outcomes — you deserve this!

There are a number of primary reasons that you can lose drive, such as:

- Lack of confidence — If you don't believe you can succeed, what's the point in trying?
- Lack of focus — If you don't know what you want, do you really want anything?
- Lack of direction — If you don't know what to do, how can you be motivated to do it?
- Distractions — If you are distracted, this can be a sign that you are without drive
- Mental toughness — If adversity strikes, it can derail you

WHAT ARE YOUR DRIVERS?

Take a moment to imagine the single biggest thing that motivates you to succeed. If you want to be your own boss, win a fitness competition, start a charitable

cause or write a book — what is the biggest driver of those desires? Is it money? Status? Fame? Do you want more time with your family? What about security?

Do you love doing something so much that being able to do it for a living drives you? Do you need the autonomy of working for yourself?

Chances are you have a fairly good idea of what's driving you. Now here's where it gets tricky...

Is there something beneath that desire that is really driving you? Going deeper, delving beneath those surface desires, will help to get to the real thing that drives you. Taking the time to get down to what's really driving you can help you to better outline and reach your goals. Because no matter what it is you think you want, the real you always knows what it's after.

If you learn what your core human needs are, then you can direct your thoughts and focus to meet those needs. Because you can direct your thoughts and focus it means more fulfilment, more happiness and even more success. In the early 1940s, Abraham Maslow created his theory of needs. This identified the basic needs

that human beings have, in order of their importance: physiological needs; safety needs; and the need for belonging, self-esteem and "self-actualisation". Beyond satisfying these basic human needs, maybe your drivers could be:

- Contributing to a worthwhile cause
- Continuing to learn and grow as an individual
- Taking on a new challenge, e.g. running a marathon
- Revitalising your relationships
- Achieving your health and fitness goals, e.g. your next competition, body-fat %, or fitting into a size-8 dress

INCREASING YOUR DRIVE

Our success with being driven can vary of course. If you are trying to achieve your exercise goals, you could hit the snooze button one morning after a late night out. You might then immediately feel guilty that you missed an exercise session and also think you have failed. The alternative approach is to think of what you have achieved over a period of time and realise that you probably need to rest. After this, you will approach your next session with renewed vigour.

If you are trying to build your business and boost your success, you consciously strive for more commitment, more focus and better time management. However, you find yourself chatting on Facebook, checking emails and generally being distracted from doing the things you need to do. Being distracted can be a sign that "the shadow" of us shows up, which is also to do with other needs not being met.

So what are your options to maintain your drive for success? It is important to take note of how you feel daily. Are totally driven or distracted? Note what distracts you. In addition, what are your beliefs, attitudes and behaviours when you are feeling distracted? Knowing patterns of behaviour leads us to new awareness and growth.

Studying and practising the habits of successful and driven individuals creates the right mindset for success. Arranging a support

network on your journey to success can increase your drive and motivation. This can be a partner, coach, personal trainer or attending a group fitness class (in the case of exercise goals). The rise of social networking sites, such as Facebook and Twitter, means you can also go to cyberspace for diet and fitness support. We spend about 3.6 hours online every day, messaging, updating and tweeting. There are 50 million messages tweeted every day. Twitter, an instant message-style website that allows you to notify your "followers" of every thought or action in 140 characters or less, can help you use your network to support your weight loss.

DRIVEN-TO-SUCCEED TIPS

The following tips are some suggestions to assist you with being driven to succeed:

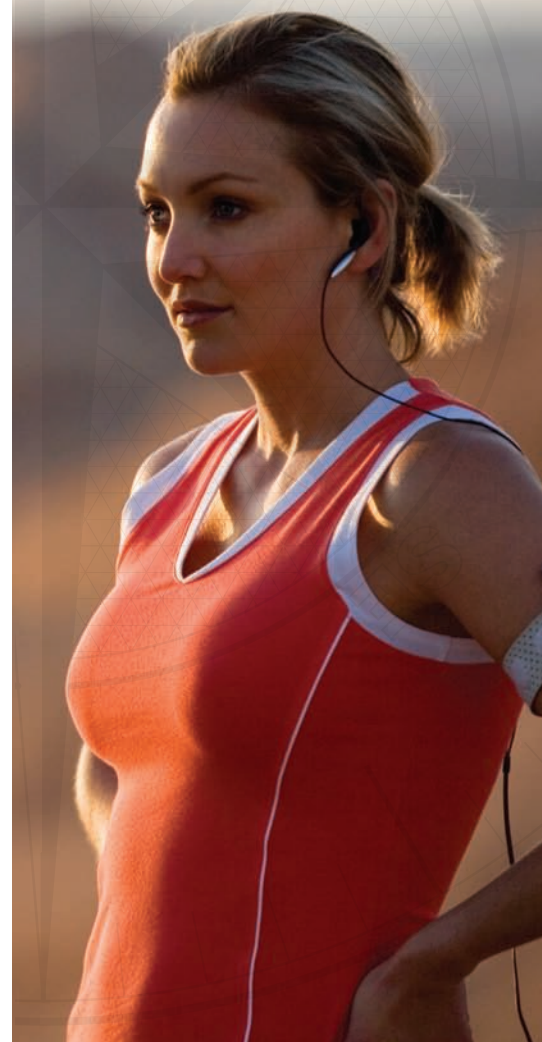
- Understand your sense of purpose
- Spend time knowing what it is that drives you
- Develop your mindset for success
- Be in the present moment
- Have a buddy, group or support network
- Take note of how you feel daily about your drive for success

Remember to observe the ebbs and flows of life that can adjust your journey. Recognise and build on successes on the way, as "success breeds success".

If you would like to share any successes that you are excited about, please feel free to do so via the email address below. Also, I welcome any feedback on my articles, or suggestions for future topics. ☺

Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience, who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com or through his website www.geoffedwards.net

"GOING DEEPER, DELVING BENEATH THOSE SURFACE DESIRES, WILL HELP TO GET TO THE REAL THING THAT DRIVES YOU."



"IT IS IMPORTANT TO TAKE NOTE OF HOW YOU FEEL DAILY. ARE TOTALLY DRIVEN OR DISTRACTED?"