

10 SIMPLEST TIPS FOR MOTIVATION AT ZERO-COST

from the book **"GAME CHANGERS AT THE CIRCUS"**
by **Jean-François Cousin**

1. Show you care

Who can ask you (almost) anything... and you will do it for them? Reflect about why... Isn't that someone who has consistently and visibly cared about you? Then how about you care visibly (even) more about others? They will care (even) more about you. And if you are a boss, keep in mind what the "20th century management guru" Peter Drucker said: "people don't care how much you know until they know how much you care".

2. Listen, really

Who really listens to you? I mean REALLY listens to you! How do they do that? And how do you feel then? May I guess? They (choose to) believe you are an important and interesting person, so they give you their full attention, their time... and silence; they don't interrupt you; they take time to appreciate and think about what you said before they answer; they ask you to elaborate further... and you feel respected, honoured even, and you think at your best, and the conversation energizes you. If that's right for you, how about you offer (even) more real listening to others?

3. Let go and empower

When was the last time you felt completely free to do something you like? How did you feel then? How was that energy in you? What will happen if you just set yourself free and 'let go' more often? Offer others more choices? Empower subordinates in a way they won't be afraid of failure?

4. Go for your Dream

What's your dream? What are the dreams of those around you? How about starting to make them happen?

5. Grow

Who was your best boss so far? What was he or she doing to deserve that honour? Possibly some of the above... and isn't he or she is also the one who increased your professional or personal value the most? How about you do just that for yourself and for others? And regularly check-in with the question "what have I/you learnt this month? How can I/you leverage that learning further?"

6. Awaken possibilities

When was the last time someone helped you find out a new possibility in or for you? How did you feel in the moment? And what did you do then? How about you awaken more possibilities in and for yourself and people around you? Not as a 'rescuer' for others (who solves the issue, but builds-up dependency), but instead as a humble thinking-partner... And if you don't see light shining in others' eyes when you are attempting to do that, ask yourself: "who am I being that I don't yet ignite a spark in their mind?"

7. Say 'I believe in you'

Have you heard the real story of 5 children who were chosen at random in a primary school and told "you are lucky to have an exceptional ability for learning, you will do very well at school"? One year later, those 5 'random' children had all improved their scores tremendously... May I assume that when someone tells you "I believe YOU can do it"... you also unleash a lot of energy to do it, and honour the confidence placed in you? How about you do more of that for yourself and for others, going forward?

8. Embrace adventure

In "Awaken the Giant inside", Tony Robbins wrote "we crave variety; there needs to be enough uncertainty to provide spice and adventure in our lives"... How about you 'spice-up' your Life and start doing new thing, 'embrace adventure' and inspire others to do so?

9. Love

Now, how about... Love? That special connection which makes you -and all of us- feel so good, so great... Bring it on! More of it! Today.

10. Enhance Pride

When was the last time you felt proud? How powerful was that moment? How about you make this happen for you and others (more) often? And -as a boss- make sure you don't miss chances to recognize -or better: celebrate- achievements and make your people proud.

Heather Small captures a lot when she sings "Proud":

*"I look into the window of my mind
Reflections of the fears I know I've left behind
Realize that to question is how we grow

So I step out of the ordinary
I can feel my soul ascending
I'm on my way
Can't stop me now
And you can do the same
You could be so many people
If you make that break for freedom
What have you done today to make you feel proud?
It's never too late to try

We need a change
So do it today
Cause I can see a clear horizon"*

Be the change you want to see!