



You can do it (of course you can)

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My lion-like leap from lawyer to life coach sees me guide heart-led individuals from where they are now to where they want to be – into lives they love – buzzing existences, driven wholeheartedly by want not should.

But, before I share my top tips on how to get inspired, let me tell you a little more about me. My passion-fuelled mission comes from diverse life experience which has seen me navigate (not always bright and breezily,

I might add) different careers, relationships, challenges and adventures. And what can I safely say I've learnt along the way? What lies beneath true happiness. How motivation and inspiration really work. And – more importantly – how I can help you get there.

So if you've ever struggled to stay motivated and inspired or wish you could bottle the magic formula for both, these precious pearls will light the way:

One. Work out who you are and what you want

If you're feeling a bit out of sorts at the moment; you're not quite where you're meant to be, not doing a job you enjoy, not spending time with the right people, or living in the right place, that's likely because you're not living your life in accordance with your values.

The great news is that feeling of unease is easy to resolve if you take a step back and spend 10 minutes working out your values, those things which give your life purpose and meaning which, when honoured and engaged, make you feel alive and inspired. To make a list of your eight to 10 core drivers, ask yourself some soul-stirring questions:

- What am I doing when I'm happiest?
- What couldn't I do without in my life?
- What would my ideal day involve?
- If I had all the money in the world, what would I be doing?

Your values may be words like freedom, friends, love, writing, travel, money and more. It's totally personal.

Now put those words in order of priority. Once you've done that you should be able to identify which values aren't being met at the moment. If it's a value near the top of your list, for example: meeting new people, and you're stuck in a laboratory on your own all day, chances are you're feeling all kinds of funny.

Having identified your needs, ask yourself what you can do to realign your life with your values. Savour how much more motivated you feel once you've recognised why you feel the way you do. In the words of Mahatma Gandhi: "Happiness is when what you think, what you say and what you do are in harmony".

Two. Goal-set like you mean it

The most inspired people in life are goal-orientated supernovas. So if you want to ignite your passions and kick-start your dreams, get goal-setting. The best way to do this is to write your goal down and make sure it's SMART - specific, measurable, attainable, relevant and time-bound. And if you're wondering how you'll actually motivate yourself to act on it, make sure you really want it. If you're struggling to make the goal a reality, it's probably because you don't really want it, have set an unrealistic time-frame or have created an unachievable ideal. For instance, saying you're going to go on an hour's run every day before work when you haven't exercised in a year may not be as realistic as going for a run once a week for 20 minutes. Once you start moving down your goal list, you'll gain a real sense of achievement, which will make your motivation levels soar. →

Three. Start as you mean to go on

Robin Sharma, the world famous author and coach's top tip for motivation, is to spend the first 20 minutes of each day exercising. It optimises brain and personal performance and is a tried and tested method for inspiring peak performance. This is why Tony Robbins, a leading authority on happiness, gets himself in the zone 10 minutes prior to taking to the stage by bouncing up and down on a trampoline. So next time you feel like staying in bed, remember, energised movement changes your state of mind and inspires you to be your best.

Four. Learn from the best

This leads me on to my next soul-stirring sparkler. If you're ever feeling demotivated about achieving your dreams, remember, the expert in anything was once a beginner. And what better way to inspire yourself than learning from the best? Whether reading their books, attending their talks, signing up to one of their webinars or simply watching one of their YouTube videos, immersing yourself in an idol's wisdom will help inspire you to be the best you can be.

Five. The Rocking Chair Test

And the best magic trick of all? The Rocking Chair Test. Now belt up and brace yourself because this can be a life changer. Close your eyes and imagine your life five years down the line. If you don't fulfil your dream (and by dream I mean something you really want, not something you think you should pursue), how bad will you feel if you don't achieve it? And how will that negatively affect other important areas of your life? Now imagine how good you'll feel if your greatest wish comes true? How different does your life feel? How sweet are the sounds, sights and resources around you? Breathe that in and start creating the life you imagined!



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