



## Motivation Found in the Doing



The question contains the essential elements of the solution.

Often, I will sit with a client and hear a question that goes something like - “I just don’t have the passion I used to have,” or “I know I should be more proactive but...” and finally, “What should I do?”

When I hear this, I am struck by the feeling (theirs or mine) of powerlessness. I sense that the person I am talking to feels at a loss for how to motivate themselves and I feel powerless in helping them. Fortunately, this lasts for only a moment until I recover the motivation that drives my passion to work with people. In this situation, my “doing” is



listening deeply to the question and I often realize that - the answers are right in this question.

The question, “what should I do,” contains all the essential elements necessary to begin to address the solutions. Simply put, “start doing.” Keep your questions in mind but start doing! Just do anything that moves you in the direction you are trying to head. I learned this years ago when I was training as a long-distance runner. I never felt like running until I was running. In-between training sessions I simply would not listen to my mind and the 1001 reasons it can generate not to have to train. I knew that all I had to do was put on my running shoes and walk out the door. The run would take care of itself. Likewise in business, focus on your action items generated inside of a well-designed method and move the process forward, despite how you “feel.” Simply step into it and resume your intended direction.

If you are a dancer – dance. If you are an artist - paint. If you must address your executive team, regarding their performance, take the next step. Don’t wait until you feel like doing it. Do it and then determine how you feel.

Image courtesy of: [Tikkho Maciel](#) @tikkho

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*