



“YA GOTTA WANNA” *InShineOut 3 R's Sustenance Routine*

By Sharon James - November 2013

Here's the question we get asked most often at the end of our workshops - “how do I keep my enthusiasm and determination going to get what I really want out of life when I return to the trials and tribulations of daily life and stuff starts to get in the way?”

The simple answer is “*ya gotta wanna*”. These are the words of a U.S school janitor who wrote this on the board every morning before school opened. Asked later in life the children quoted this as a huge influence on them being successful in their exams and subsequent careers. So quite simply *ya gotta really wanna!* We also know that simple does not mean easy so here are our 3 R's to sustain yourself. These tips take into account what we now know about how the brain works and how it can help us be successful. So practice the 3 R's to nourish and sustain yourself along the way.

REMIND

At least once a week, if not as part of your daily routine, take a few minutes to **reMind** yourself what it is you want and why – bring it to life. Remind yourself of the details - what will I be doing, what will others be doing, what will it look like, sound like, feel like and what will it say about me as a person. People give up what they want most, for what they want most at that moment, so reminding yourself of the plan works. When *your* meaning and purpose is greater than the obstacles you come up against, you will be successful. Science backs up the power of visualisation as it develops our neural pathways. It is important that every single day you remind yourself what you are grateful for, what you already have and what you have already achieved. Developing an attitude of gratitude helps you carry on.

REWARD

Spend time thinking about your progress and successes, no matter how small. Take a moment to congratulate yourself, savour the small victories and use them as motivation to carry on. Most people give up too early! They keep looking at what hasn't been done rather than the progress they are making. Remember, we are hardwired for negativity so choose to look at what's working and what you are achieving. Reward yourself with kind thoughts and notice the good things before you go to bed each evening as your subconscious works on what you have been predominantly thinking. Encouragement builds self-esteem and confidence which helps us succeed and thrive.

Give yourself little rewards along the way – we now know that willpower is not a finite thing so when you find it dipping, give yourself an appropriate treat – whether that be a soak in the bath, time with friends or simply giving yourself permission to do nothing, it makes a difference to your ability to keep on going.

REFOCUS

“No good plan survives contact with the enemy”. At times we do lose focus or something more important crops up that means we take our eye off the ball. That's okay, just chunk the big plan into small steps every week and create the islands of success. With the insights you are gaining as you go along, each week capture the 3 specific actions you want to achieve to further your goals and move towards your future self. The key to shaping your future is what you do in the here and now and keeping your focus on the things you can control or influence.

InShineOut is a trading name of Road to Results

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