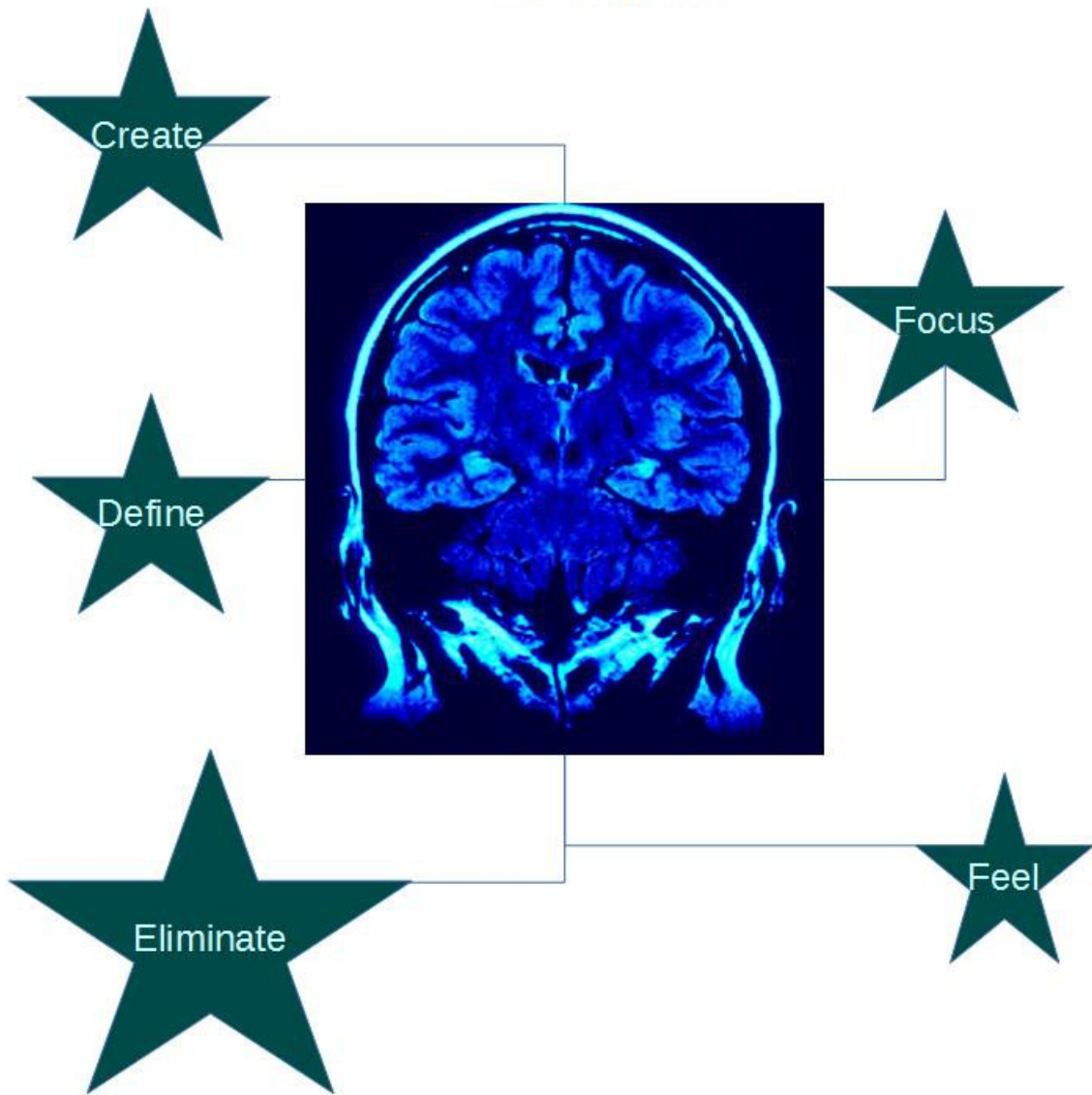


**Surprisingly Simple Solutions
For a Motivated March**



Surprisingly Simple Solutions for a Motivated March

Question – What is the **ONLY** thing in life that we **ALL** have in common?

Answer = **TIME** - No matter who we are or where we live, the great leveller of life is:
We **ALL** have 60 minutes in each hour, 24 hours in each day, 7 days in each week.

How do you spend yours?



“Consider everything an experiment” Corita Kent

I know how precious your time is. I so appreciate you gifting **us** (you and I) your time here and I promise it'll be worth our investment!

(I've included a brief bio at the end for those who don't know me directly)

I invite you to consider experimenting with some of the ideas below for **30 days**. If you feel moved to share results from your **#30 day challenge**, then please post your successes on our [Facebook page](#) or [blog](#). Prizes will be randomly selected from your comments once a month.

Recently, I have had to dig deep, to remember the success strategies of old and to discover & invent some new ones! So, this is a mixture of 'back to basics' and new innovative ideas, which I hope you enjoy, find useful and interesting.

PROBLEM – EXPERIMENTATION – SOLUTION – REVIEW

Quick wins/tips/resources to get you started and moving.

Remember, sometimes the pain of our problems find the panacea of a half solution:

- *Buying a book – only 10% of people read past the 1st chapter of a book!*
- *Joining a gym – 67% who have a gym membership DO NOT actually go!*

Having the result of medicating the pain just enough, to bring us back our comfort and help us to zone back out! Watch out for this sneaky strategy and make sure you do not succumb to it's charms!

Are you ready? Then let us begin ...

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STEP 1 - CREATE



“Create each day anew” – Morihei Ueshiba

There are 148 hours in a week OR 1440 moments in which you can choose to create every week.



... it just HAS to get done. Version 1 is ALWAYS better than Version 0!

FACT: 95% of people procrastinate!

You are not alone, this is a common road-bump. Luckily there are so many apps/technologies these days to help us ... just make sure discovering them does not turn into a super successful procrastination strategy (another sneak number).

Tech Recommendations to unleash your creativity:

Mindmaps – so many to choose from FREE & paid versions of most so choose a simple one like



I use both Mindomo if I am collaborating on a simple project and the Brain, when I am thinking through more complex ideas (which is designed to visualise how we think). Both can be used across devices and collaboratively with others.

Scrapbooking | Web-clipping | Organising | Inspiration



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“Concentrate all your thoughts upon the work in hand. The suns rays do not burn until brought to a focus”

Alexander Graham Bell



Question: Are you struggling to motivate yourself to achieve certain tasks?

Solutions: Focus on the win, on the outcome rather than the process.

Still 'stuck' with the process? Just try to commit to 60 more seconds, most people can manage 60 seconds of anything!

This simple step, conditions you to push through inertia, if you are still stuck, move on to a quick win to restart your momentum.

Remembering to *celebrate* the wins along the way.

Tech Recommendations to intensify your focus:



Pomodoro app ~ chunking tasks down into 25 minute segments to reduce distractions & increase productivity – try it and see if it works for you.

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“There is nothing like a dream to create the future” Victor Hugo

Define:

- *Who you are*
- *Where you are*
- *What you want*
- *Where are you going*
- *What it will take to get there*
- *Refine Your Plan ... then Review*

If you know where you are going, you'll know when you get there. Otherwise, how will you know?

Write it down – Make it happen

Daily MIT's (Most Important Tasks)

Do your worst task first each day

At the end of every day, take time to reflect on your best 3-5 accomplishments

Maybe create a social media schedule? OR create a new email rule: 5 sentences or less?

Tech Recommendations:




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Reduce, Reuse, Refuse, Recycle – The 4 R's of Sustainability

How can this be applied to us I hear you asking!

- What if you knew that ALL you need is in you now? How might you approach your month?
- Would you replace negative self-talk?
- Would you reduce rationalisations? (too little time, too much to do, too little money?)
- What skills/ideas/tools could you reuse?
- What successes/wins might you recycle?



*Simplicity boils down to two steps :
Identify the essential, eliminate the rest.
Leo Babauta*

Tech Recommendations to eliminate the noise:



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STEP 5 - FEEL



Work from the inside out. Most people think they will feel 'x' (better) if only they had 'y'.
In reality you'll get 'y' when you feel 'x'.

You know how to feel great and you know how to feel bad, you are an expert in how to feel ... so design and inject some feeling boosters into your day. What makes you feel inspired? Alive/Happy?

Emotions are energy in motion (E-MOTION) so if you feel 'stuck', get moving!

*Check in with your body right now. How does it feel? Light? Heavy? Anxious? Powerful?
Each of these feelings has a body position and thoughts that accompany them.*

Change how you feel by moving your body.

First sag your shoulders, look down, breathe shallowly ... what thoughts are you having? How are you feeling?

SHAKE IT ALL OUT

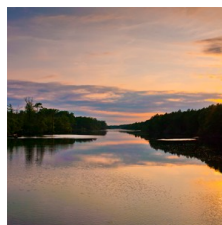
NOW open your shoulders, stand tall, look up, smile and take a deep breath – now check in with your body – how does it feel? What thoughts are available to you now?

Tech Recommendations:

[Android version](#)

Room to Breathe

[I-tunes version](#)



Surprisingly Simple Solutions for a Motivated March

A bit about me ...



I am *Marian Rosefield*, a coach, trainer, healer, artist, writer & adventurer!

Over the past 14 years I have coached hundreds of bright, successful, men & women, just like you, from all corners the world. During that time, I have learnt a thing or two about what keeps people stuck, what inspires massive action and how to really create sustained momentum and transformation.

Having trained with some of the brightest lights in the field, worked with some of the best minds, and studied with some of the greatest teachers, I have a wonderful tool-kit filled with interesting, fun and transformational tidbits to share. Allied with my curiosity, natural fascination with and enthusiasm for life, my passion, drive for learning and discovery, I find new ideas and inspiration.

We are living in one of the most incredibly richly resourceful times for humanity, where understanding and knowledge is at our fingertips 24 hours a day. How we choose to spend our time is more important than ever. My passion is to distil this adventure down into bite sized morsels for you to savour over your morning coffee and beyond!

I bring my own eclectic mix of honest reflection, humour and an unshakable belief in the goodness of humanity- that everybody does the very best they can, with the resources that they have. In light of that I dedicate my life to discovering, creating and sharing 'resource improvers' from wherever they may be found.

I aim to bring you the best, most transformational and most interesting coaching tips & tools. Drawing from cutting edge Neuroscience research, NeuroLinguisticProgramming, the science of Positive Psychology, healing Reiki, Yoga, Mindfulness, Technology – apps & hacks, Timeless Wisdom & a general fascination with our human experience.

Social butterflies can connect with me @ my [blog](#) | [G+](#) | [Facebook](#) | [Linkedin](#) | [Pinterest](#)

I really hope you have enjoyed this little read and found some useful tidbits. Do let me know how you get on!

Smiles

Marian