

## Letting actions drive motivation and attitude

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Are there times in your life when you're not motivated to take action? Like when you know you should do something productive or healthy but instead choose to be unproductive or unhealthy--or maybe you just can't seem to get your heart into it when it should be.

So how do you get yourself going when you don't feel motivated? Although most people would say that actions are driven by attitude and motivation, I'll reverse this philosophy and tell you to consider taking action first and then letting the results motivate you or change your attitude, especially if you're trying to make a positive change in your life.

If you don't truly “feel” like doing something that you know will enable positive change in your life, then you probably won't “do anything” about it, and the change you're striving for will not happen. On the other hand, if you

begin “doing” something regardless of how you “feel,” chances are your motivation will increase with your actions and in no time your attitude will change as well.

For instance, if you don't feel like exercising when you know you should, just get started anyway. After about 10 or 15 minutes, the exhilaration you feel will affect your attitude about exercising. You'll be more motivated to exercise with vigor and interest and you'll truly “feel” like continuing to work out.

In another instance, if your attitude toward another person is negative and you have no desire to treat that person nicely, try being nice to them anyway and you'll discover that eventually your attitude toward them will become more positive.

Or perhaps you don't feel like doing lawn work. Instead of avoiding it, just get started on it and soon enough your feelings about it will change. The same can go for schoolwork. Once you

get rolling and experience a sense of accomplishment, your attitude about it changes.

You certainly want to have a good attitude toward people, things, and activities as your quality of life and durations of success can depend on it. You are the only person in the world who has the power to make your attitude better or more positive because you have the ability “to act.”

Dr. William Glasser, a psychiatrist who developed the concepts of Reality Therapy and Choice Theory, said, “If you want to change attitudes, start with a change in behavior. In other words, begin to act the part, as well as you can, of the person you would rather be, of the person you most want to become. Gradually, the old, fearful person will fade away.”

Real change requires action. “Act” yourself into changing and before you know it your motivation and attitude will have changed as well.

~ The End ~