



### Motivation in times of crisis.

#### **The Problem**

You have probably face crisis. In other words, situations in which our perception of stability is threatened, and consequently we need to make changes and move on in order to reestablish. Is interesting how human beings seek stability. Change, transitions, and of course, crisis are events that we associate with a negative connotation. I think it relates to our need of control. We love to think that we are in control of things: we want to control how things happen (and thus we create expectations), we want to control how others act (so we idealize them, and if they do not satisfy our demands and we are disappointed), we want to control ourselves (and thus we suppress our desires). But have you ever been in control?

#### **The Introspection**

What's wrong with volatility? I will outline a theory. We don't like instability because it confronts us with ourselves. And usually, we don't look for truth in the mirror. Think, have you spent a few minutes lately to understand what you really want and need? Why are you doing what you are doing? Why you look the way you look? It might be a good idea to start asking those questions periodically. Because we usually do not look in the mirror. Introspection it's an unusual practice, besides the new age recommendations, we have failed on having a healthy relationship with ourselves. We talk here about a real introspection. We don't mean reading some self-help books and then believing that we are better people, happier and positive. We talk about unravel what we hide, embrace what terrifies us, and claim authority over ourselves. If we don't claim authority, our limitations will be in control. Since everybody talks about leadership now, a true leader leads himself. He leads the inner congress with which all of us live, and guides the different parts of himself towards his goals, instead of having each inner congressman sabotaging the important initiatives. We don't usually see so many of those leaders, but when they show up, they make the difference.

#### **The Opportunity**

A crisis is a great opportunity to overcome doubts, fears and reestablish yourself. It's the moment to confirm that you are the leader of your own life. Crises involve change, and this can be very positive, as long as you choose to move with the changing process. What limits us to change is that we do not believe it's possible. We're not confident about our ability to make a difference. We choose a paradigm that limits us, instead of adopting beliefs and ideas that support us to create something that works for us. During crisis new situations are created. It's inside those new frames that opportunities hide. Whatever shows up today, doesn't matter if we like it or not, doesn't matter if it's under our influence or not, we can profit from it if we choose to learn from it. On the other hand, when you get stuck and start complaining about the difficulties, you do nothing to

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approach to your goal. On the contrary, you spend your energy claiming how things ought to be. Generally things are the way they are. So if crisis shows up in your life, take advantage of its momentum and consider reflecting on your options. Check what moves you internally, how do you feel about being insecure and what actions you can take to overcome that.

### **Motivation**

I know this is a challenging approach. But challenges motivate us. It's good to feel alive, looking to go beyond what we usually do. I agree, uncertainty produces fear, I have been there many times, I know perfectly how it feels. But I also know perfectly well that it is in the uncertain where opportunities reside. And I know that if I had never left the secure and protected environments in my life, I would never have gotten the big things I've accomplished. Let's assume the commitment to confront ourselves. The motivation to undertake each day is to have the opportunity of growing a little bit more, to conquer and to conquer ourselves in order to achieve a higher level of freedom.

In summary:

- Recognize that instability and change is a fundamental part of life.
- Take advantage of the crisis, understand and overcome what you're afraid of.
- Change generates new opportunities.
- Use every experience as a learning opportunity.
- Focus on achieving internal and external freedom.
- Establish yourself as a leader

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