

The

Wake-up

By Fredericka Stemmet

I had a meeting with someone recently with the intention of starting a mentoring relationship - with me being the mentee.

Nothing she suggested was new or profound. I got the feeling that she may have left wondering why I asked to be mentored by her. Now even though I didn't learn anything new on that one day we met, what I valued about our conversation was that I actually needed to do some deep thinking. It was time for me to evaluate some things in my life. Time for me to prioritise and take action in some areas. So while she may have felt like our meeting was pointless, I on the other hand felt inspired and motivated.

Do you ever feel like you know what to do but you just don't have the motivation or energy to get moving? Sometimes having someone to give you a nudge or even a push is like having an alarm clock. You know that you need to wake up, get out of bed and get on with life. But you're just not in the mood to get up. Most of us have an alarm to get us out of dreamland and a reminder that the day and the world awaits. Some days we can wake from slumber with a gentle tune, and other days we need sirens to get us moving.

What'll happen if we ignore those wake up calls on a regular basis? Especially if we have responsibilities. We won't necessarily get up feeling well-rested. Chances are that we will feel groggy and frustrated that the day has gone by and we have missed opportunities or have work that has piled up.

I compare this to areas in one's life that needs attention. Sometimes we know that something has to be done and the fact that it hasn't been dealt with or taken care of can leave us feeling drained, unsatisfied or frustrated.

Sometimes we need that 'alarm', whether it's a friend, a coach or a mentor to remind us that we need to wake up and get moving if we want to make any progress. Take some time to think of people with whom you can connect, who will challenge you and give you a nudge or wake-up call when needed.