

while clenching your left hand for several minutes, contemplate the aspirations you would really like to achieve—or the life you would like to lead—over the next five to ten years. This unusual exercise has been shown to help individuals clarify the future they would like to pursue.

Third, develop a list of skills or qualities you would like to develop—and, in particular, skills or qualities that might help you achieve these aspirations. Every week or so, formulate plans on how you will progress, even if only gradually, on these skills or qualities. You might decide to read 4 to 6 articles a fortnight or to practice a skill for 3 to 4 hours a week. You might attempt to integrate these pursuits with your daily tasks at work or at home. You should also consider the precise time, location, or setting in which you will pursue these goals.

These activities might not seem especially novel and surprising. But, if you practice these activities, you will learn to elicit ambivalent emotions and undertake activities that seem vital to your future

aspirations. Consequently, your motivation will gradually rise. Your resilience will improve. And your life may start to resemble the dreams you had envisaged. ■

DR SIMON MOSS is the Associate Professor in Psychology at Charles Darwin University. His primary research interest concerns how characteristics or organisations and societies, such as inequality of income or instability of jobs, influence the neural functioning and ultimately the mood, creativity, intuition, engagement, honesty and altruism of individuals. He has published several books and articles in the fields of personality, motivation, integrity, perception, attention and stress. Dr Moss was a co-founder of Zenith professional Development, a company that has collated every scientific discovery that contradicts prevailing management beliefs and practices. Using this database he developed a tool that identifies misconceptions in management. In addition, Simon has presented training programs that are designed to redress these misconceptions.

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