

## ‘Motivation Is Being Self-centered’

I am getting crankier (about bowls) as I get older, not good for me being a new dad to a lovely little girl.

I should be more appreciative.

Bowlers are (surprisingly still) coming to me to train and get coaching and I am doing a fair bit at our club to add to what good work our three head coaches do for all members.

The bowlers who attend my 15-week Wednesday structured sessions, and it is an open invite, I hope are developing along to their satisfaction.

For me I see a problem in their unwillingness to strive, to do more work, their self-satisfaction levels and their method of self appraisal, which is to feel they develop incrementally simply by attending weekly.

One of the head coaches asked a player what they did in between these structured weekly sessions. Answer: nothing. He was not surprised, neither was I.

The player(s) presumes they shall advance a lot because they want to develop. My view is if you want to be better you need to work harder, persist longer, which requires motivation.

Their motivation. Not mine.

A bowler who I know, but never would consider coaching him, sent an email around the bowls fraternity suggesting blame needs to go on selectors and coaches for the (his words) appalling position he finds his club in regards success from pennant competition results.

Wrong view.

Hold the mirror up to yourself bowlers and see exactly what we see, a definite lack of effort, persistence, accountability, personal responsibility and work ethic.

The finger is to be pointed right back into the mirror, not vertically at selectors and coaches. Or even teammates.

Already in 2018 a handful of bowlers have sought me out for coaching, for advice on their direction. Nice people one and all. As competitive bowlers, not tough enough.

Not self-centered with ambition, with motivation to act to be better as bowlers.

OK, easy for me to be critical, so what can a bowler do to gauge for themselves what to do to gain the status, and it is a status thing for some, of being regarded as good bowlers.

**Website menu- ...mental skill**  
**Website TOPIC- motivation is being self centred**

What exemplifies motivation?

I reckon a series of answers from these bowlers to these questions may help:

If I wasn't here to coach, what would you do?

If you knew the answer, the formula to success, what would it be?

What if there were no limits?

What advice would you give a fellow bowler seeking the answer to motivation?

What would you like to explore in your bowls?

What is the real issue hindering your bowls development?

What more can you do to meet your new commitment level?

Please don't seek me out and tell me you are motivated. Demonstrate to me your motivation where I can see it, gauge it, appreciate it, read it even, and then I would love to be accompanying you as a coach on your journey of persistence.

Failure never won over persistence. Persistence is a base ingredient in your motivation menu.

**Lachlan Tighe, 2018**