

5 Steps to Changing Your Life When You're Feeling Stuck with Lara Doherty

Frances Barrett: [00:00:00] Have you ever felt stuck, lost, floundering at sea or stuck on that hamster wheel of life and not really known when to get off, because I know I have. Hello, my name is Frances. I'm the Head Brain of The Social Brain, and I am today going to be joined by a mindset and motivation coach, Lara from the Motivation Clinic.

Hello. Hello, hello. Lovely to see you. Nice to see you. Thank you so much for joining me today. Yeah. It's so, so nice to, to have you on here today.

Thank you, so just for the benefit of the people who are tuning in and may not have come across you before, if you wouldn't mind just introducing yourself.

Lara Doherty: I am Laura Doherty. I, run a company called The Motivation Clinic. So I'm a mindset and motivation coach, which I have been qualified coach for the last couple of years, but for the last five years I've been taking people through my vision [00:01:00] board process.

So I essentially, I've been coaching for yeah, about five years and then I qualified as an NLP practitioner and coach beginning of 21. So I sort of trained during lockdown and yeah, just basically built on what I'd already learnt from clients that I'd worked with.

Kind of learned a lot about neuroscience and brain health and yeah, my passion really is, is working with midlife females who are at a crossroads in their lives and just need a bit of focus, direction and purpose back in their lives. So they perhaps might be floundering, feeling a bit lost, not know what direction to, to take yet to take next.

So, that's what I love. I'm passionate about doing.

Frances Barrett: Amazing. Yeah. And you know, I've, I've [00:02:00] had a look, of, and what, what you didn't say was you, you're actually a published author as well, aren't you? So you've kind of got these amazing tools there It is, right there. Book of Motivation Magic and it's, it, it's, it's helping people just to kind of get that step in the right direction, isn't it? Drive their life forward.

so if, if you wanna tell me a little bit about like why you, why you decided to write this amazing book that's transforming people's lives.

Lara Doherty: So to roll back to 2017. I was coming out of a quite a, a kind of difficult relationship, that I'd been in for a number of years, and I was pretty lost and exactly what I've just described.

My client lost at a crossroads, didn't know what to do with my life, I was doing kind of freelance work, didn't really know you know, what to do next, and, I went through a process of coming. I found a book, actually, amazing book, the Miracle, [00:03:00] the Miracle Morning, which is all about having a more morning routine.

So I read that, that book and just changed my morning routine, I was quite, overweight at the time. I lost three dress sizes thanks to that book. Started exercising, gave up alcohol or gave up drinking so much alcohol. And I then that year, basically beginning of 2017, read that book kind of felt really like all the positive benefits of having a morning routine, not scrolling first thing, drinking water, exercise, affirmations, all this stuff that I was reading on Google about, you know, how to change a life.

And then towards the end of that year, I then created my first vision board. All these self-development gurus we're talking about vision boards. So I created my first board and from then on my life literally catapulted and completely changed not only, I suppose [00:04:00] the, the first bit was the, the morning routine.

And the vision board was basically having a vision to then work towards like some goals. Cause I've not set goals before in my life. Mm-hmm. Didn't know what a goal was particularly. I'd just been sort of meandering through life with various jobs. Never really thought about what I wanted to do when I grew up.

Really sort of fallen into different roles and, so it was, yeah, it was the first opportunity I had to actually really think about what it was I wanted out of life. So the vision board I've created had all these, like basically a jumble of ideas from my brain down on paper. Then in kind of picture format and word format, things like, you know, traveling more adventure, loads of different stuff.

So then I've create, I basically then built that as a kind of a business four months to, almost four months to the day of, actually [00:05:00] creating that board. I was actually running my first workshop. I overcame a fear of public speaking to do that. So I had to, I had some mindset coaching. That's kind of why I'm doing, you know, concentrating on mindset.

Cause I know how important it is to work with individuals on mindset and overcoming those hurdles. And yeah, I was running workshops, so then I just sort of ran workshops, almost like a hobby, as a sort of, you know, alongside my freelance work. Until then, I realized actually that, you know, beginning of lockdown, for example, I was running a workshop every, every weekend and the need was there, you know, because it gave people hope and a focus.

And kind of goals to work towards over the year. Even though we couldn't do stuff, we could actually still have a bit of hope that, you know, there was a better future.

Frances Barrett: And I, I guess that [00:06:00] that's something that, that's something that I know that I struggle with is that, yeah, I know my goals, but it is about having that, that motivation to kind of keep going and keep chugging and, and getting to yeah, where I want to be.

And that's, and I think that's, that's what a lot of business owners in particular really struggle with because, you know, my, my big, big goal is to be the best not, not in the world. Yeah. But why not the world? Why not the world the best in the world? But how do I, you know, how do I keep that at the forefront of my mind to keep myself motivated to reach that big goal is, yeah.

Lara Doherty: And vision boards is brilliant at that. So then talking a bit about the book and why that happens. So over that time I then developed almost like a toolkit of things that have really helped me keep motivated on a daily basis. So, you know, there is a structure to the book that, that I still do to this day, and it's all around, around an acronym called, which is super.

And I was thinking, [00:07:00] you know, supercharge, how can you supercharge your life? And actually the, the acronym acronym is super spelt S E W P A. So it's, so there's kind of five main chapters. So self-care, environment, purpose and your why. Sorry. Your why? Yeah, and then p sorry, planning, P for planning and then a for assistance.

So, so the chapter all about self-care is like, it's, it's all those things that you can do that are good for you in terms of your, like your morning routine. Not scrolling first thing, because that kind of increases cortisol and can ruin your, your whole day if that's the first thing you're doing first thing in the morning.

So I've got sort of it structured kind of morning, morning routine. And then things that you can sort of, you know, actually, do it during the day. Like just if

you've got [00:08:00] five minutes, even if it's kinda just literally getting outside and just walking around a garden or walking around the block or whatever.

So, and things like, you know, podcasts and YouTube, like when I was, when I was really lost, I would literally just type in feeling lost and wooly and , loads of different things would come up on YouTube, for example. And that would kind of be my motivation for that day, and I'd see intention that way.

Yeah. Or podcasts have really, you know, they're really inspiring. Or, you know, kind of Mm, yeah, try, try and stay off social media as much as possible. I, that's what I found, so yeah, so, so that's self-care environments all around, your home, kind of where, whether it's cluttered, if you've got a kind of cluttered at home, you then have a cluttered mind.

Includes the people that you spend time with. Are they the right people for [00:09:00] you? Should you be working? For example, if you're a small business owner, should you be working at home all the time? Maybe you should go and work somewhere else just for a bit of a change, and then your why. Really important.

That's all about having a vision and a purpose. Because otherwise you're kind of floundering and you're not really sure what direction to, to go in. And that's like, that's where my passion lies is, is taking someone from stuck and lost and with no clarity to, you know, in just a couple of weeks total clarity about what their future looks like.

That Yeah, that's so important to actually have that clarity because otherwise you're just, you are kind of lost. You don't that it's like getting into your car and, and putting, you know, the gps, using the gps and putting the, where you are going and otherwise you get into your car and you're just driving, you know, around you.

[00:10:00] Yeah. You don't have a Absolutely. A kind of focus, and then, so, planning. Once you've got your, you've worked out what your why is, and your goals, then, then it's, then it's all about planning those. And, and you know, I always say baby steps, you know, you might have a big goal but actually break it up into smaller steps.

And yeah, and have those kind of like gold chunks, yeah, and have them so that they're kind of achievable within one year. I'm always thinking a year ahead rather than too far ahead when you can have a big dream, like maybe you wanna

move to Devon, like a friend of mine does, but maybe realistically that's gonna be, you know, three years time rather than this year.

So it's just kind of planning and doing, like taking baby steps to get there, and then assistance, the most important thing for me has been like accountability buddies, [00:11:00] like exercises. At the moment, I am working with an with a buddy, where we kind of exercise together. So I've been there this morning.

We're sort of doing at the moment, rebounding together, just to change it up and make it exciting. Otherwise, you know, it's boring exercising on your own sometimes. Yeah, absolutely. Listen to a buddy for work and, you know, have help with social media. You know, you are, you're amazing, you know, I know we've been before and I've worked with kind of social media and, and you know, VAs and get as much help as, as you can early on. Yeah, because then you always regret it afterwards. I think in terms of, you know, not asking for help, and then also if you're going through difficult stuff in your life, always ask, you know, very much of there's a bit about my book called Toxic Positivity, and it's that whole premise about always putting a brave face on everything.

[00:12:00] And actually, so okay to say everything's shit at the moment, you know? And actually, yes, I do need a bit of help or, for example, my father, he had, he's got dementia. So I did actually reach out to, for example, Dementia UK just to speak to them cuz they're experts and then what I'm talking about and they know, you know, what I'm going through.

So it's just sort of whatever, how is happening in your life. Just don't, don't keep it all to yourself, which is what I used to do before I kind of wrote this book. This book now, I've realized recently that I'm, I've definitely got some kind of a, I'm not sure I'm not diagnosed a d, ADHD or whatever, but I do have issues.

I've always had issues with my memory. So for me, exams are really hard. They're still hard. You know, when I was doing my coaching, trained to be a coach. It was always, it always took me a bit longer than everyone else, so I've really been aware of that. Yeah, [00:13:00] so this book actually, I've realized is my toolbox, so I don't forget what I'm meant to be doing because that actually I do forget what I'm meant to be doing.

I have a, I have a copy by my bed that I pick up sometimes when I'm feeling not motivated and I need help remembering what I'm meant to be doing. Mm. How, how I'm, how I should walk. You know, I need to walk my talk, so, yeah. Yeah.

Frances Barrett: And as you say, it's, it's, it's a process, isn't it? So you, you literally go from the self-care environment, why?

And, and, and literally, yeah. Step by step by step. And then, you know, you have this big picture, but how often do you recommend that you review that? Now, I know that you said that when, when you are looking at your whys and your planning, you know, yeah. You're looking at a year into the future, but how often do you revisit the, the entire...

Lara Doherty: every quarter, the entire five six, actually with my accountability buddy. Okay. Kind of [00:14:00] look at every Yeah, because things change, you know? And. Yeah. So as you know, you know, you try different things and things, you know, things might flop or not work or, and then you have to kind of take change trajectory.

So, and also like, you know, one of my goals at the moment is, is I'm looking at my vision board now is like exercise, but actually. Did the, what did I really enjoy doing that kind of exercise? Do I need to change, you know, I think every quarter you need to kind of look back. What the, the one thing that we don't do enough of, well, I don't, is celebrating, is actually that celebration of what, what we've actually achieved over the last quarter.

Even whether, you know, that's down to like your family, you know, what's happened, you know, with your kids or with your partner or with your business, or you know, if you don't have a business then you know, what is it in your life that you're really proud of [00:15:00] achieving? Even if it's like, you know, doing batch cooking for like a month, or not drinking alcohol or whatever it is, just like mm-hmm.

Celebrate all those little wins, and then for sure, and then look at what your goals were last quarter, review them and just see if you need to make any kind of adjustments. Cause I mean, I'm looking at my vision board now. Mm-hmm. And it's, you know, there are things on there that I, you know, I haven't achieved, but I know at some point, you know, I'm gonna review that so.

Frances Barrett: Mm mm And do you prefer, and this might just be like a personal preference, so, and I'm not, I'm not expecting you just to whip out your vision board and show everybody, but do you prefer kind of a big thing on your wall or is, you know, I'm thinking of people who may be a little bit, would prefer them on the phone. Is there, is there like a, a more effective method, effective method to having a vision board in your [00:16:00] experience or, you

know, your clients or your workshop attendees, has there been something that's been more effective than others?

Lara Doherty: I, I find actually creating a physical board, I, I know that you can do it digitally and I know that the younger generation love that digital experience, but for me, there's so much more involved in my process because it's, you know, you've even got magazine, so you are, that's kind of tactile intu, there's sort of intuition built in, if you're spiritual, I sort of build in a kind of spiritual side of it. But, but essentially to kind of answer your question is that as long as you've, I always go for the physical board. You can have it in a book actually. Yeah. Which you then look at every morning. Okay. That can be an alternative. Yeah. But what I would say is have a picture of it on as a wallpaper or on your desktop. So you are seeing it and it's [00:17:00] kind of imprinting on your subconscious.

Frances Barrett: Yeah, yeah, that's, that's. It's great advice actually, to put it as a yeah, it's really great advice to put it as a wallpaper because I, I remember I did a, a, a vision video on Canva, and I kind of had the music in the background, Lovely, and, and everything else, but then you don't always have three minutes to, to literally watch the entire thing. And, you know, obviously you're still taking in the message, but having as a background is actually a really, really great idea. I'm definitely gonna, sure.

Lara Doherty: Mine's on my mantelpiece and it's, yeah, it's always there, yeah. Something every day. Do you, you know, you need to look at it, few times every day.

Yeah. For it to be really powerful.

Frances Barrett: Amazing. Okay. So what's kind of the next steps, when it comes to, you know, we, we, we've, yeah, we've read the book and, you know, we, we, we've got all, all that we can every quarter. We're reviewing that and, and we're planning for our year ahead and, and everything else. What's the next steps? With regards [00:18:00] to the, the, the real magic graduation.

Lara Doherty: I suppose it's working with me is, you know, I do work with, with individuals on a, either short term or kind of three month process.

Where we kind of, we, we work together on those goals and I'm the support. I always find that, I suppose when, when I was kind of going through this whole process, what really resonated with me is just having that support and encouragement and I is now got a coach, so. It makes such a difference just

having that, although I've got an accountability buddy, what I find with coaching is that, you know, all they, they ask really amazing questions. Coaches, that's what our role is for. So we ask the right questions and all the answers are, are inside you. So you're actually kinda, you're challenging. I [00:19:00] like being challenged, being asked challenging questions.

So sometimes it's kind of easy to go through life and nod, then not kind of say you've got an intention, but then actually not fulfilling the, the intention. But actually what's fantastic is working for, with a coach and then, then actually saying, right, okay, so when are you gonna do that by? And then you've actually got that accountability to, to sort of achieve those goals that you've actually stated that you want to achieve over the, over the next year. So, work, work, mainly with people for three months. Midlife females, who are either coming out of a similar situation as I was in or kind of at the early stages of their, their kind of business, their small business, or, or empty nest actually.

Yes, and just deciding what is next, because you know, almost that that kind of [00:20:00] purpose doesn't exist anymore. Kind of, you know, looking after kids and what about them now. What, you know, that's really, I love that work actually, I'm, I've just finished working with someone, who, yeah, she's doing all sorts of amazing, exciting things.

Frances Barrett: Yeah. Yeah. Oh, that's, that's really exciting. I've got a long way to go. My three year old is firmly in, but yeah, no, that's really good. Eventually.

Lara Doherty: And I'm also training, I'm in my kind of second certificate of HeartHealing, which is, which is a system invented by Natasha Bray. And it's been the most amazing training I've been in kind of training for the last four months.

Amazing, kind of doing that alongside my coaching, which will then add an element to my work. What I find with, with most of my clients is that we all have these limiting beliefs that we, we've developed in [00:21:00] childhood. I've had, I've got loads, you know, I've had loads of limiting beliefs. Still have, you know, these kind of, I, I, my big one, which I'm dealing with at the moment is showing up online.

It's always been a struggle for me. I've had to really force myself, but I've had these amazing, like five sessions now myself. Not only in my training, but I'm getting the experience myself, and it's amazing. It's just, it's kind of healing. It's

healing relationships, the feeling of enoughness, love, trust, worth all of these important aspects of our lives that amazing.

So, so I can then add that into my coaching and heal parts of individuals that are so important to be healed.

Frances Barrett: Sounds so, so interesting. Yeah, I could probably talk to you about it today. So thank you so much for giving us some insight, so where can people get in touch with you?

Do you have a website or is it better to reach on I Instagram. What is easiest?

Lara Doherty: Instagram is great. [00:22:00] Yeah, I'm, well you can see me here or my or @the_motivation_clinic or my website is themotivationclinic.co.uk.

Frances Barrett: Amazing. Brilliant. Amazing. Thank you so, so much. Thank you so much for joining me today. Much inviting me..