

## Nuggets and Bright Lines

- *Mastery*
- *Real Knowing*
- *Want or desire?*



## The Why and The Way

What is it that drives people to do 'their thing'? Maybe this is an unanswerable question but I think it is a good place to start. From a personal point of view the thing that has probably given me greatest achievement satisfaction is in gaining a modicum of influence on something I am passionate about. It is facilitating and influencing a football team playing 11 v 11 in a competitive match and if only for a phase as we call it or a period of time playing the way I envisioned. I

I believe this is one of the reasons why coaches of the world do what they do. It is the challenge of mastering 'the unmasterable'. People find it in myriads of ways. I marvel at young women who single handedly traverse the worlds oceans. Their courage blows my mind yet to them it is a 'have to' situation.

Cal Newport in 'Deep Work' tells a wonderful story about a Wisconsin man who forges steel and creates beautiful objects. The description of this man, totally at home in this pre industrial setting hammering away performing what appears to be 'brutish work' portrays a beautiful scene. The man surveying the end product of his 'toil' says I don't need this but I have to make it. I think an aspect of success in life is finding this thing, this thing that you 'have to make'. One it will give that deep in the soul knowing that only that thing can bring which really is the success in itself and secondly if there is a need for something else it will ensure we persevere and continue when the challenges and obstacles on 'the way' arise.

The subtle yet mighty powerful difference between needing something and having to do it is worth considering. Needing something may be akin to an addiction where there are internal cravings that drive someone to do something going against the individuals conscious will. It likely involves knowing at some level that the thing being done is not in alignment with some part of the individual.

Having to do something, could mean that the individual is inspired. It is softer, slower to begin, less frenzied and undemanding of now. It is like a slow burn of desire that will not be extinguished but is also patient and understanding, unlike a need which characteristically has a swift upsurge of wanting that seems to encompass and control and which dies away or certainly changes in its nature and force. The former is temporary whilst the latter has a longevity about it.

The need is like a craving, that dependant upon the circumstances, can be alleviated by removing oneself from it whether mentally or physically from its grasp. The having to is like a low lying mist that sits and stays. It has more of a constancy and is less volatile in its emotional intensity than the need or want. It is a poignant understanding that shows the difference between a real deep seated yearning and an emotionally charged want. One may be considered an inspiration and the other a motivation, one internally driven, the other externally.

Without this deep seated yearning would there be progress as we know it? if we believe the archetypal story of virtually anything, the real back story, warts and all, then maybe not. For as Joseph Campbell and George Leonard, both in their own distinct and different ways say, there has to be a battle, friction, an overcoming, the death of something in order for there to be the new. In this process unless there is some inextinguishable source to, ' hold on when there is nothing in you' as Kipling put it, there will be no victory. It's the why that needs no rationalisation. It's attempted verbalisation would likely result in nothing that represents its meaning. It's why Emerson implores us to refrain from explaining who we are and why Campbell encourages following your bliss.

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## The Author

*Rob is a UEFA qualified coach with a League Managers Association qualification and a science and medicine background. He has worked in the football industry in Europe, The USA, Asia and Africa; at International, Premiership, League, Non-League and grass roots levels with both World Cup and European Championship experience.*



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