

# Session 9 Master your Motivation

**If the "why" is big enough then we can always find the "how."**

Motivation is a powerful tool for success. The degree to which you can remain motivated and continue to make forward progress determines whether you realize the goals that you establish. But the reward for being motivated isn't just raw goal accomplishment. The following benefits of being motivated are numerous - and they can change your life.

**Creativity:** Motivated people think more clearly. They focus more intellectual resources on their current project, and the result is more creativity.

**Energy:** People who are motivated actually need less sleep - not because they're on a constant adrenaline rush but because they possess a genuine, energizing excitement.

**Flexibility:** Motivated folks have discovered that flexibility is a developed skill that doesn't depend on circumstances. When their circumstances change, they're more open to bending to deal with the situation rather than being rigid about an outcome.

**Health:** People who have a positive feeling about their life and its potential have reason to get and stay healthy. They have experienced the difference in energy and healthfulness during non-motivated times, and they prefer the motivated lifestyle.

**Magnetism:** A motivated lifestyle is attractive, and motivated people have a certain magnetism. Others are naturally drawn to winners who are energizing by nature and habit.

**Momentum:** Motivation is self-perpetuating. It gathers speed as it rolls along. Living out your motivation gets easier because it becomes a habit.

**Multiplication:** Motivation is contagious - it spreads and multiplies. The people around the one who is motivated "catch" that motivation.

**Recognition:** When people live out a motivated lifestyle, they stand out. Others respect them for their achievements, admire their spunk, and, because they want to be associated with winners, offer their assistance.

**Optimism:** Motivated individuals have found out that optimism opens more doors than negativity. They have discovered a life pattern of finding the silver lining or the potential in any turn of events. They aren't thrown off course by change. They find the good in everything.

**Productivity:** Motivated people get more done. They move with a spring in their step, and they attack tasks with enthusiasm. They move quickly, deliberately, and with a concern for maintaining a can-do attitude along the way.

**Stability:** Folks with motivation are focused and are not easily distracted or dissuaded from their destinations. They are tuned in to the object of their motivation.

## Incentive: The Mother of Motivation

The fact is, however, that motivation just doesn't last very long. Motivation tends to be kind of an exterior thing. Inspiration, on the other hand, is more INTERNAL—it has more staying power. It needs stimulation from time to time, but it's something we draw forth from WITHIN rather than pasted on the outside.

It is our mission is “to inform, **inspire** and empower people to be the very best version of their self—physically and personally. Everything we do is with this mission in mind. In class, we share new ideas and sometimes we remind you of things you already know. We do our best to keep the fire of inspiration burning by keeping what you know and what you care about in the forefront of your mind.

We don't try to motivate you as much as we strive to inspire you and help you draw forth your own inspiration—inspiration that leads to action.

Motivation -- and passion -- begins and ends with incentive. You have to know what you want and why you want it, and achieving it may be reward in and of itself. This is called "intrinsic" reward. "Extrinsic" rewards are such things as money, prizes or numbers on a scale. In both cases, the rewards serve as incentive to continue.

Recognize incentive as a powerful motivating force. What is your reason, your incentive?

If you find yourself lacking motivation, it may be that your incentive lacks passion or emotion. If you decide to create powerful, passion filled goals, you will probably need to make changes in yourself in order to achieve them.

How has it changed as you have progressed through this course? (Review initial Goal Sheet)

How can you add more passion or emotion to this incentive to prevent your motivation from waning?