

## **MOTIVATION - a dictionary definition:**

“A REASON, or reasons, for ACTING or BEHAVING in a particular way.”

There is no talk AT ALL of me ‘FEELING’ like it.

“Rather than seek a victory,

I’ll seek to build my PERSISTENCE.

For when I go ON in a struggle,

I bring honour to myself.

Even more,

I bring honour to us all.” - Ancient Greek Saying

“If I leave developing a habit of mine to ‘chance,’ it is likely to be developed by my ‘lower mind’ – taking the ‘path of least resistance’ or least challenge, or least growth. A helpful, constructive, personal growth habit, is probably my ‘higher mind’ territory – by my ‘CHOICE’ rather than by ‘chance.’” - Shug McLister

HoV – Hierarchy of Values

Cost Benefit Analysis – CBA

Michael Edelstein – Three Minute Refutations

[https://drive.google.com/file/d/1nXyO-EwkMsMBTHc\\_y4iFIU5c3hZ0nXXF/view?usp=drive link](https://drive.google.com/file/d/1nXyO-EwkMsMBTHc_y4iFIU5c3hZ0nXXF/view?usp=drive_link)

A COST of DOING a behaviour might at some point have ‘Pushing Power’ – a REASON to stop a behaviour. “Geez, I really would like to stop this!”

How long might THIS ‘PUSH’ last?

A BENEFIT of NOT doing a behaviour might have ‘Pulling Power’ – a REASON to do something other than a behaviour. “Gee, I’m REALLY enjoying this progress!”

How long might THIS ‘PULLING POWER’ last?

A COST of doing a behaviour?

A BENEFIT of doing something other than a behaviour – a more helpful behaviour.

How might I INCREASE the POWER of either, or both?

‘Pulling Power’ has been demonstrated to be MUCH longer lasting – and more constructive.

However, a ‘Pushing Power’ might be ‘deeper’ at first.

Keeping a ‘written record’ – a journal – has been shown to be ‘amazingly’ helpful!

I might keep it somewhere ‘safe’

What might be ‘STOPPING ME’ taking a bit of an action?

Unreasonable MUST! number ONE:

‘BELIEF’ – ‘THOUGHT’ – ‘FEELING’

I MUST! be PERFECT! in EVERYTHING! I do AT ALL TIMES! and ALWAYS! be LOVED! by all, or

I. AM. NO. GOOD!

Possible Solution:

Unconditional Self-Acceptance – USA

[https://docs.google.com/document/d/1h7sy7GncX2U2fVn\\_T6sgGVU4\\_Q0bSDII/edit?usp=drive\\_link&oid=117073926825123197913&rtpof=true&sd=true](https://docs.google.com/document/d/1h7sy7GncX2U2fVn_T6sgGVU4_Q0bSDII/edit?usp=drive_link&oid=117073926825123197913&rtpof=true&sd=true)

Kristin Neff: Overcoming an Objection to Self-Compassion:

<https://www.youtube.com/watch?v=YFhcNPjIMjc>

Possible Solution:

Make it a little more about my EFFORT rather than a 'DEMANDED!' result of mine.

"I'll give it 'a bit of a go' - who knows!?!"

Possible Solution:

I might put it on my CALENDAR or in my PLANNER or stick a TIMETABLE on my door or wall – or mobile phone 'ding'.

"At this TIME, I am doing this THING! Regardless how I might FEEL."

"Is what I am doing tending to be 'GOAL ACHIEVING' or is it tending to be 'tension relieving?'"

When I tell myself that I am 'not capable' of doing a task, and then decide not to 'risk' doing it, this might tend to lead me to experience a 'FEELING' of being 'powerless.' As I put off another thing, I might eventually 'CONVINCE' MYSELF I'm simply 'INCAPABLE' of doing most things.'

A DAMNED LIE!

Pretty 'HUMAN' Place to Find Myself, however.

As I CHOOSE TO not do something, rather than my 'CAPACITY' being affected, it's simply my 'BELIEF' IN MY 'CAPACITY' that is being affected.

'Nuts' to that idea!

Pretty 'HUMAN' Place, Once Again, To Find Myself.

Possible solution?

Gradually improve my sense of 'self-efficacy' - my 'BELIEF' about my 'CAPACITY' to produce 'A PERFORMANCE' that MIGHT exercise 'SOME INFLUENCE' over an event that is affecting my life – this might tend to enhance my FEELING of accomplishment and personal well-being in a helpful way.

I MIGHT CHOOSE TO SIMPLY 'HAVE A GO!'

"The MORE I do, the MORE I might do!

The less I do, the less I might do."

"Rather than what I am 'GETTING' by reaching a goal of mine, it is likely much more important WHAT I AM 'BECOMING' AS I REACH 'TOWARD' A GOAL OF MINE.

My chosen EFFORT."

“When I am not making a mistake, and I am not producing a failure or a set-back, I am probably not trying anything that is challenging me. I might have 100% success at doing a thing that is ‘easy’ for me, AND FOR WHAT GREATER PURPOSE OF MINE?” – Anon

“AN ADVERSITY has the effect of eliciting A TALENT in me which, in a less challenging circumstance, might have lain dormant.” - Horace

“I wasn’t made a skilled sailor by a smooth sea!” – Unknown

Maybe seek to increase my frustration or discomfort or uncertainty tolerance a little:

“Somebody will likely do it eventually!

I ACCEPT and CHOOSE that it MIGHT be me.

Who Knows!”

I might ‘FAIL’ and still aid ‘world PROGRESS’

Achieving ‘champion\*\*’ status is born from ‘EFFORT,’ AND attempting to improve on another.

“If I am not able to accomplish ‘champion\*,’ I’ll help YOU accomplish ‘champion\*!’ Or help YOU, help the next person!”

I’ll ‘do’ ‘it,’ or I’ll help ‘PUSH it along’

\*\*In USA I have ‘one person’s worth’ of value – USA – regardless of any ‘label’ of ‘champion’

To alter a habitual belief or thought or feeling or ACTION, rather than being easy, has been shown, many, many times, to be POSSIBLE.

It seems to require Planning, Practice, Persistence and PATIENCE – especially patience with my precious self and my flawed humanness – CHOOSING perhaps to ‘LET GO’ of a human ‘DEMAND!’ of mine a little bit.

Three distinctly different ways I might choose to look at a habit of thought, or action, of mine:

WHY might I think or act that way – ‘history?’

Where is the proof or evidence for that thought or action – question or ‘DISPUTE?’

How might I take this thought or action ‘LESS SERIOUSLY’ – see it as ‘impersonal and fleeting?’

What else might I do:

Identify an Area Where I Have Not Taken as much Action as I’d prefer to take?

What might I have been doing instead that is maybe ‘tension relieving?’

How might I have been ‘selling’ this to myself, and how might I CHOOSE TO ‘DO’ something else – ‘refute an excuse?’

I might create a clearer VALUE, goal, or action:

What VALUE of mine might I like to be a little more in my life, from my HoV?

What 'one thing' might I DO to help this?  
How might I make 'A START' on it – a step?

What 'getting started' strategy might I use:  
15-Minute Tactic – do it for 15 minutes – or 5 minutes – or 7 minutes.  
Chunking - break a large task into smaller, more manageable bits – do ONE of these.  
Do one thing on it today, IMPERFECTLY.

HIGHER MIND:  
I might 'INTERVIEW' or 'QUESTION' or 'DISPUTE:'  
Do an ABC a bit more often  
CBA a decision of mine  
DuB a thought of mine – open question

I might create MY Time-Bound Action Plan:  
Perhaps set A DATE to get started  
Maybe SCHEDULE an action of mine  
Possibly have a 'STARTING RITUAL'  
I could make my action a 'PRIORITY' on my schedule  
I might EXECUTE my plan and TRACK my progress!

It might take a while for me to 'feel' better!  
Typically, I might alter my 'THINKING' a little first,  
then I might START to alter an 'ACTION' of mine,  
then my 'EMOTIONAL ALTERATION' might follow EVENTUALLY.  
I'll DO better now, to maybe 'FEEL BETTER' a bit LATER.  
I'll give myself acknowledgement and credit when I am able.  
"I'll embrace the SUCK" – David Goggins

I am likely not 'REQUIRED' to 'FEEL' like doing something to 'ACTUALLY' DO IT!.

"Kindness helps me feel good - whether it's being done TO me, or BY me." - Frank A. Clark

"I was criticizing myself for years and it hasn't worked. Now I'm accepting myself and seeing what happens." - Louise Hay

"I am able to alter my outside a little, when I alter a thought of mine a little inside." - Yong Kang Chan

"I learned that courage is not the absence of fear, it is the partial triumph over it. Rather than not feel fear, I CHOOSE TO walk past that fear." - Nelson Mandela

"People may hear my word - they FEEL my attitude." - John C. Maxwell

"I would rather die of passion than lack of effort." - Vincent van Gogh