

Day 25

Hiya!

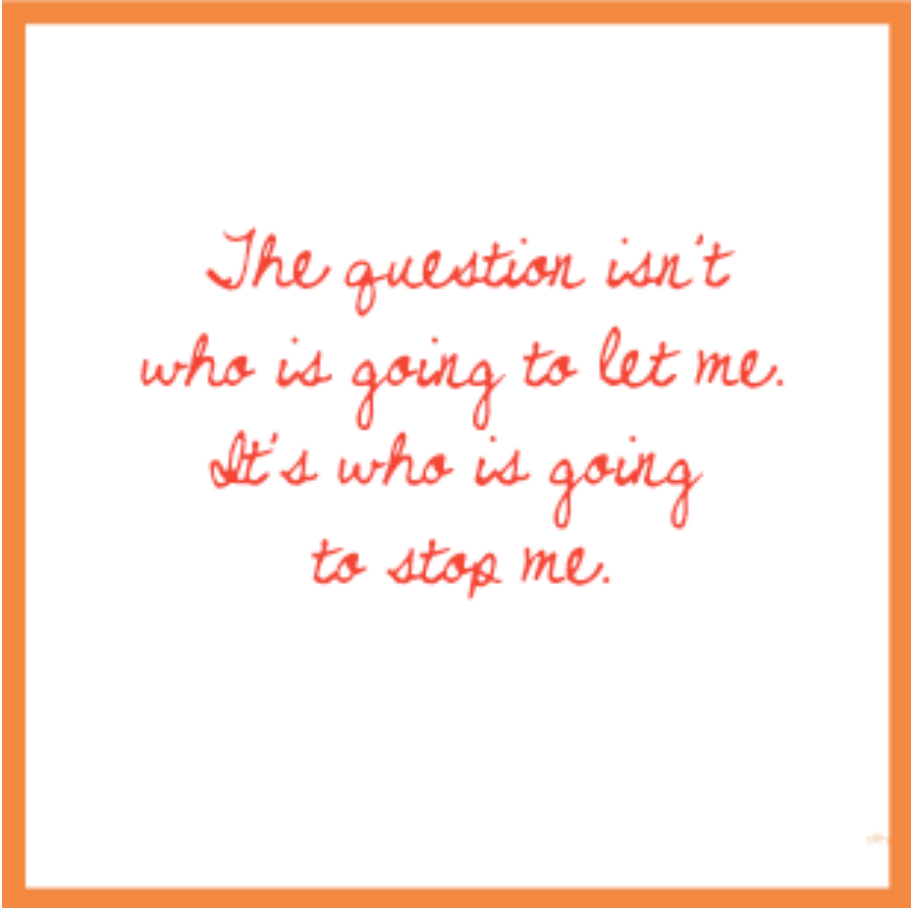
Motivation is literally the desire to do things. It's the difference between waking up before dawn to pound the pavement, and lazing around the house all day.

It's the crucial element in setting and attaining goals, and research shows you can influence your own levels of motivation and self-control.

So figure out what you want, power through the pain period, and start being who you want to be!

Enjoy today's packet!

To Your Health,



The question isn't
who is going to let me.
It's who is going
to stop me.

Urban Wellness Bootcamp

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Super Foods

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Task

Create a vision board. It can be digital or paper. You can cut out magazine pictures and paste it to a board...use Pinterest or a photo software.

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What does research show about how high achievers really think? High achievers are often marked, unsurprisingly, by a strong motive to achieve. Less accomplished individuals are often more motivated to avoid failure.

Achievement motivated individuals have a strong desire to accomplish something important, and gain gratification from success in demanding tasks. Consequently they are willing to expend intense effort over long timespans in the pursuit of their goals.

Failure-avoiding individuals are more focused on protecting themselves from the embarrassment and sense of incompetence that can accompany failing at a valued task. Consequently they are less likely to attempt achievement-oriented tasks, and may give up quickly if success is not readily forthcoming. Where total avoidance of tasks is not possible, failure-avoiding individuals may

Adapted from You're Hired , Carl Beuke, Ph.D.

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procrastinate, give less than their best effort, or engage in other self-handicapping behavior that provides a face-saving excuse in the event of failure (e.g. drinking heavily the night before the morning of an important exam).

Of course, achievement motivation versus failure avoidance motivation exist on a continuum, with most of us falling somewhere in the middle. In the research literature, this continuum is described as Relative Motive Strength.

An individual's relative motive strength does not exist in a vacuum, but is associated with an elaborate matrix of beliefs that justify the commitment of intense effort toward goal achievement, or the relative lack thereof.

The core beliefs that differentiate achievement motivated individuals are:

1. Success is your personal responsibility

Achievement motivated individuals tend to believe that initiative, effort, and persistence are key determinants of success at demanding tasks. Failure-avoiding individuals are more likely to view success as dependent on available resources and situational constraints (e.g. the task is too hard, or the marker was biased).

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2. Demanding tasks are opportunities

Achievement motivated individuals tend to see demanding tasks where success is uncertain as 'challenges' or 'opportunities'. Failure avoiding individuals are more likely to see them as 'threats' that may lead to the embarrassment of failure. An achievement motivated individual might tell a failure avoiding individual, "Anything worthwhile is difficult, so stop acting so surprised".

3. Achievement striving is enjoyable

Achievement motivated individuals associate effort on demanding tasks with dedication, concentration, commitment and involvement. Failure-avoiding individuals categories such effort as overloading or stressful. They see perseverance in the face of setbacks and obstacles as slightly compulsive.

4. Achievement striving is valuable

Achievement motivated individuals value hard work in and of itself. Failure-avoiding individuals may mock achievement striving as uncool (e.g. the attitude that the L on learner plates stands for Loser). They may associate achievement striving with lack of a social life or even early death by heart attack.

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5. Skills can be improved

Achievement-motivated individuals have a strong belief that they can improve their performance on demanding tasks with practice, training, coaching, and dedication to learning. Failure-avoiding individuals tend to see skills as fixed and/or dependent on innate talents. The research into how skills can most effectively be improved is discussed here.

6. Persistence works

Achievement motivated individuals are inclined to believe that continued effort and commitment will overcome initial obstacles or failures. Failure-avoiding individuals are inclined to see initial failure as a sign of things to come. So the achievement motivated individual says, "Don't assume that you can't do something until you've tried. And I mean really tried, like tried 3000 times, not that you tried three times, and 'oh I give up.'" And the failure-avoiding individual responds, "You really need to learn when to quit." ~ Fly Rock, Wellington, New Zealand - (C) Carl Beuke 2007

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The beliefs held by achievement-motivated individuals are not necessarily more logical or objectively correct than the beliefs held by failure-avoiding individuals, certainly not in all situations. However, they are empirically associated with high levels of achievement.

Once you understand the modes of achievement motivated versus failure-avoiding thinking, you will recognize them in the way that others talk about their goals, dreams, successes, and setbacks. You will also recognize them in your own thinking, and you can choose to cultivate the beliefs that will support you to achieve your goals.

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Strategies

Some strategies for Motivation:

- 1) Use music** - It is proven, with music, your body perceives less exertion and you can achieve a higher level of output.
- 2) Self talk** – look for the progress from your actions. Choose words that empower and motivate you. Inspire with self talk...ex. Powerful, strong, intelligent, creative....
- 3) Focus** – what you focus on is your reality.
- 4) Group** – use a group to motivate, support and encourage.
- 5) Goals** – set goals and then visualize them; long term, mid term and short term.
- 6) Rewards** – set rewards for yourself. Then follow through. If you do not follow through and give yourself a reward, you won't trust yourself and they will no longer hold value.

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Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek. ~ Mario Andretti