

MOTIVATION

What Motivates or Inspires you?

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique.

And if you block it, it will never exist through any other medium and it will be lost.

The world will not have it.

It is not your business to determine how good it is nor how valuable nor how it compares with other expressions.

It is your business to keep it yours clearly and directly, to keep the channel open.

You do not even have to believe in yourself or your work.

You have to keep yourself open and aware to the urges that motivate you.

Keep the channel open.....”

Martha Graham

E-Motion = the energy that moves you

Emotion links ideas/thoughts to actions: THOUGHT– FEELING – ACTION

Fear. Cynicism. Anger. Envy.
 Disgust. Disappointment. Resentment. Resignation.
 Sadness. Loneliness. Melancholy. Uncertainty.
 Apathy. Hopelessness. Boredom. Pessimism.
 Annoyance. Impatience. Frustration. Greed.
 Doubt. Anxiety. Denial. Self-Pity.

Acceptance. Affection. Love. Joyfulness. Excitement.
 Courage. Boldness. Confidence. Enthusiastic.
 Connectedness. Curiosity. Hopefulness. Passionate.
 Abundance. Cheerfulness. Dynamic. Empowerment.
 Freedom. Forgiveness. Generosity. Inspiration.
 Optimism. Calmness. Worthiness. Surprise.

Be curious about what you have felt and when. Note body posture, facial gesture, language, accompanying emotions and actions.

Welcome any feeling around a situation that you may be struggling with in terms of motivation.

What is at the root underlying the emotion?

What impulse arises in this awareness?

CULTIVATING MOTIVATION through positive emotion

For maximum impact you need coherence in body posture, facial gesture, and language with the emotion.

What emotion (that doesn't create resistance) would motivate you in an area of your choice?

Create a whole-body positive emotion statement to motivate you in an area that needs some help:

ACTIONABLE STEPS – creating the container

Why

What

How

When

Who will support?