

Myths and Truths About Motivation

"It's never too late to be what you might've been." - George Eliot

Leading writer of the Victorian era (actual name: Mary Ann Evans)

Relying on motivation to achieve your goals will NOT get you there.

Motivation is fickle.

It comes and goes, ebbs and flows. It's not a "flat line," more of a sine wave, with peaks and valleys. It's great when you're at the top, but when you're at the bottom, it can feel hopeless and overwhelming. It takes everything you have to just to keep going.

Here are six myths to help you get out of a valley.*

If You Are Smart, You Don't Need to Be Motivated.

People often believe that being smart is a way to guarantee success, but researchers have repeatedly found that intelligence is certainly not always a predictor of achievement. Intelligence is great for planning but motivation is emotional. Both are needed.

Visualizing Success Will Make Dreams a Reality.

Of course you have to imagine what your success will be but that's not enough. Instead picture yourself completing the steps it will take to reach your goals. If you are trying to lose weight, envision yourself eating healthy and working out rather than just imagining yourself instantly skinny.

Just Trying Is Enough.

"Just do your best" are often thought to be a great motivator, but research has actually shown that it might actually be a recipe for mediocrity. Setting high, specific, and even difficult goals, are more likely to inspire motivation. The next time you are making a goal, choose something specific and set the bar high.

Willpower Is All It Takes to Reach Your Goals.

Willpower is certainly an important piece of the motivational puzzle, but it certainly isn't the be-all-end-all. The strength of your commitment, your desire to reach your goals, the types of incentives you'll gain, and the obstacles you'll face also play critical roles. When you are trying to get motivated, make a plan that takes these factors into account rather than just relying on willpower alone

Fear Is a Great Way to Inspire Motivation.

Fear gets you to move but often for just a brief period of time. Research has shown that reinforcement - rewards - is usually a more effective strategy than punishments when it comes to boosting motivation. Focus on what you'll receive in exchange for your hard work.

Don't think about setbacks.

Setbacks are disappointing, but they can also be good motivators. If you can look honestly at why things went wrong, you can do better or differently the next time, that gives you motivation to make improvements and show that you can bounce back.



*Inspired in part by: www.thejobnetwork.com/5-of-the-biggest-motivation-myths/ and www.verywellmind.com/motivation-myths-that-keep-you-from-reaching-goals-4099392

Notes: _____

Intentions Affirmations Manifestations

FROM "WHAT IF..." TO "WHAT NEXT..."

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