

Whole You

HEALTH

Guide For Creating Motivation



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Welcome to the Guide For Creating Motivation. Motivation seems to be an illusive love. We love it when we have it, but often times it can go missing and seem to cease to exist. This Guide will help you understand the different types of motivation and how to harness the motivation you do have to accomplish the goals you most desire.

Our Driving force

Our Mission

We help people make changes in their life, that are sustainable and help you live healthy, happy, and well — Positively impacting the greater good of society.

Our Vision

Is to support people in prioritizing their wellbeing needs so they are better suited to invest in their community, create a greater sense of belonging, and contribute fully to the greater good of society.



4-Keys to Motivation

1. Fluidity of Motivation

a. Motivation is always changing. It is like tides in the ocean. Sometimes motivation is high, sometimes motivation is low. Motivation comes in cycles. What we need to learn is how to master and utilize the cycles when motivation comes and goes.

2. Whole Person Needs

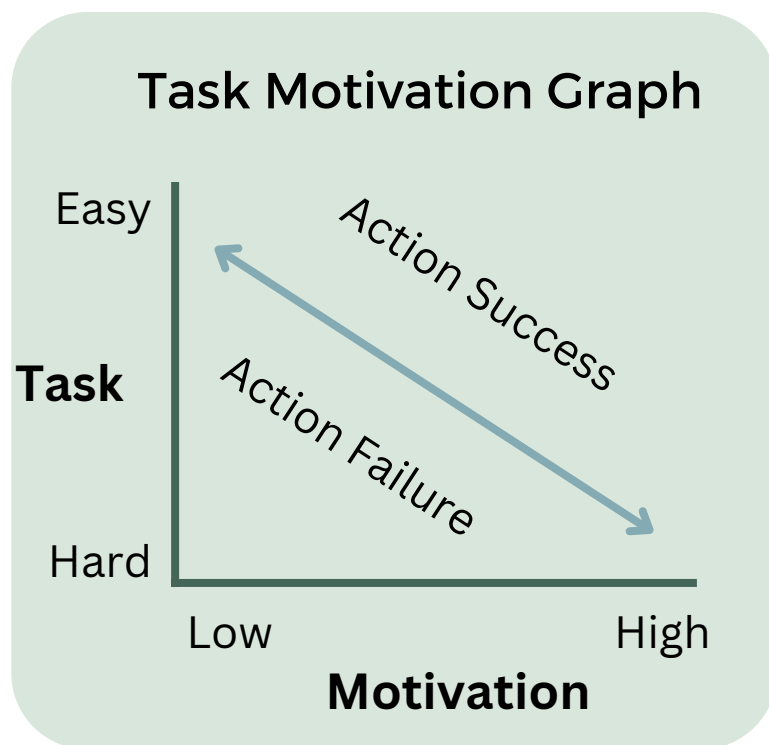
a. One of the cycles that impacts motivation is whole person needs. Unmet needs inspire motivated action to satisfy said need. For example: when we are hungry, we are now motivated to eat. Needs are whole person, meaning we must pay attention to our mental, physical, social, intellectual & spiritual needs. Unlike hunger, some of our other needs are harder to identify, thus we must create heightened awareness to satisfy those needs. For example: maybe you are fearful to take action on a future goal. Your unmet need maybe to feel more secure and safe.

3. The Task Motivation Graph

a. The Task Motivation Graph is a simple graph for understanding motivation and action. When a task is easier for us we need less motivation to accomplish said task. When a task becomes harder we must have higher motivation to do said task. Feeling like you aren't motivated to get your task done? Ask yourself, what can you do to make that task easier?

4. Motivational Boosts

a. Sometimes we need a little motivational boost to help us accomplish our tasks. Let's dive into extrinsic and intrinsic motivators, two types of boosts that can motivate you to create success!

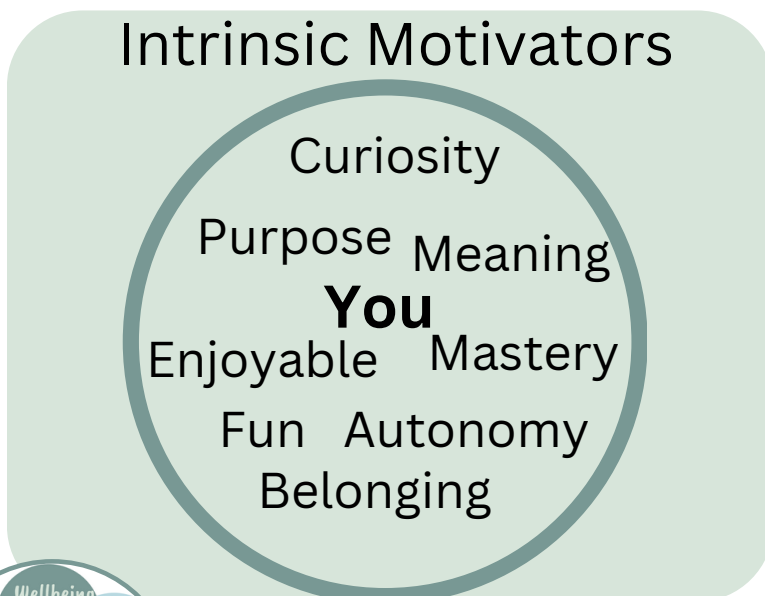


Extrinsic Motivation

Extrinsic motivation is the desire to do something because you are externally motivated to accomplish the task. The rewards you receive are typically based on an outcome of your action and create some sort of external gain. A good thing to note is that over time extrinsic rewards lose their meaning, which means they are not dependable for long-term actions. Extrinsic motivators are great for short-term actions, goals, and objectives.



Intrinsic Motivation



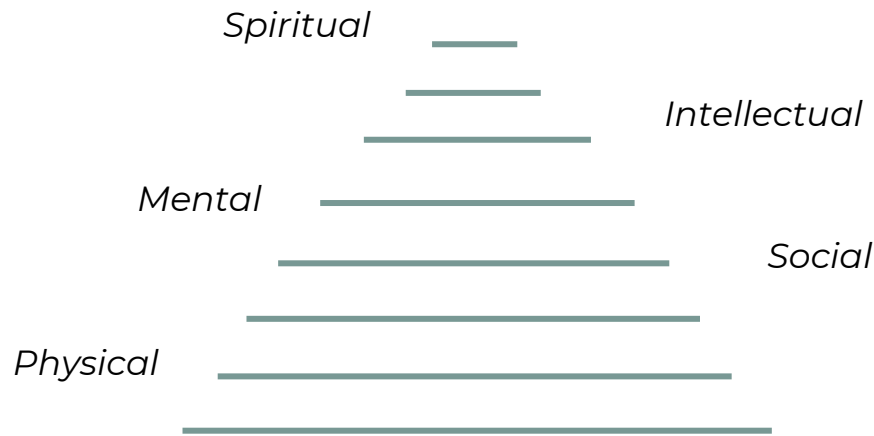
Intrinsic motivation is the desire to do something because you are internally motivated to accomplish the task. As you work on the task you find it enjoyable, satisfying, or fun. Your goals and objectives come from within and create action. Intrinsic motivation satisfy many of our whole person needs. Intrinsic motivators hold their personal meaning and are helpful for creating long-term actions that stick!



Playing With Motivation

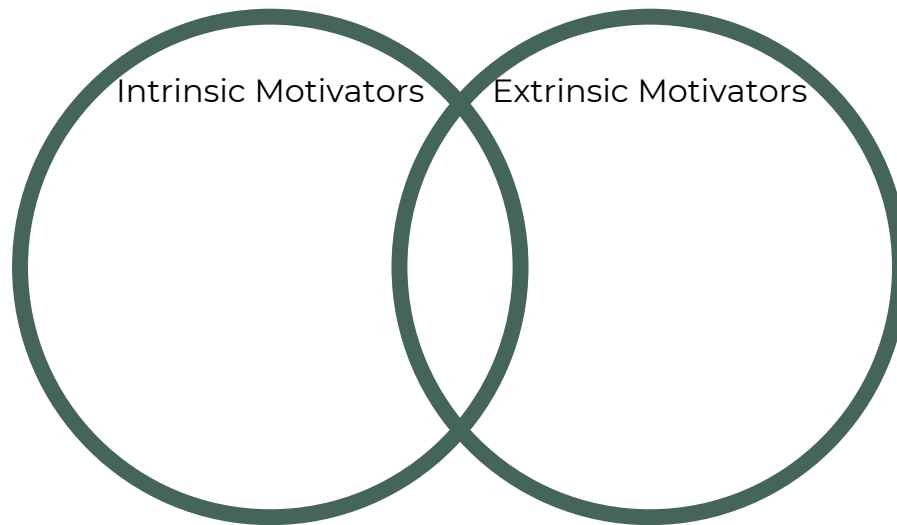
List Your Whole Person Needs

Practice 1.



List Your Intrinsic & Extrinsic Motivators

Practice 2.



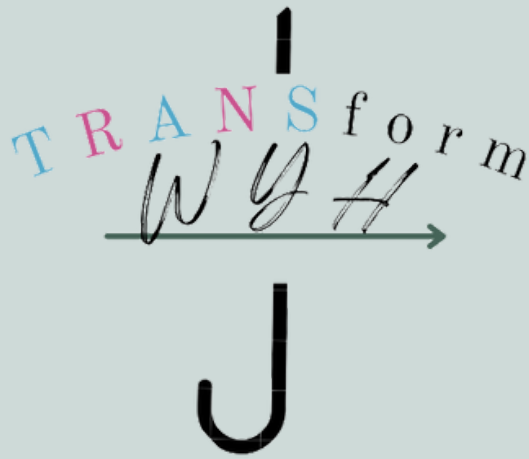
Practice 3.

What is one action you want to take that is hard?

What one way you can make this action easier?

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Schedule a Free 30-minute connection call or 1-1 coaching at

www.wholeuhealth.com