

The Motivation Formula

Channeling Anger and Challenges into Positive Motivation

1 CHALLENGE:

→ ANGER

Energy
CHOICE
Negative
Positive

Damage

• Hurting self or others
• Less self-respect
• Energy dies
• Easy - "path of least resistance"

“The Flood Zone”

Less opportunity and freedom

3 What Are Your Lifelines?

- Who can help you out of the flood zone at home? at school? with peers?

5

Character-Heart

- You go through the motions and don't give up out of respect for people who care about you.
- You don't give up out of respect for yourself.

4 Use Positive “Self Talk”

- Use your inner voice to direct your motivation (energy) in a positive direction. (i.e. I will try.) It's a positive direction if you're not hurting yourself or others.
- Focus self-talk on what you do have control over.

6 A Passion Interest or Purpose (Turn outward)

7 Get Plugged In “Support System”

If channelled, challenges and anger can be converted into



Why Try?

Opportunity, Freedom, Self-respect

Positive Motivation & Healing

Motivation begins with the challenge

How to get motivation