



*Champions take chances. Pressure is a privilege  
(Billie Jean King, 39 Grand Slam tennis champion)*

We can all have down days and lack Motivation: that's a normal part of life. This **EFLTip: Balancing Motivation** contributes to your journey towards a meaningful life, where the daily habit of enhanced Motivation **IS A TRUTH**:

1. **I**ntention - is essential: focus on building enduring habits, rather than always achieving goals
2. **S**teps - should be small and regular
3. **A**ttend - to changes and progress: where, when and with whom are you most motivated? **A**dapt - your intentions, plans, routines and self-affirmations, accordingly
4. **T**ime - is part of change: there'll be bad moments/ days
5. **R**egularly - do lots of things differently. Change: which side you start to shave/epilate, or brush your teeth; where you shop; what you cook/eat; your route to work
6. **U**ndo - let go of old habits. **U**nite - seek new people and learning opportunities; refresh social contacts
7. **T**ake - a break from new things that are hard: do something different, then go back to it
8. **H**elp - others: the release of your oxytocin hormone (anti-inflammatory, healing and crucial for childbirth) boosts mood and counteracts stress. It also activates serotonin (good for learning, memory and sleep) and dopamine (good for motivation<sup>1</sup>)

*If you think you can, you're right; if you think you can't you're right  
(Henry Ford)*

#### **Useful Links**

Craig Childs, LifeHack: : <https://www.lifehack.org/articles/featured/8-steps-to-continuous-self-motivation.html>

Dr Paul Wood: <https://www.youtube.com/watch?v=xixdEbUD2ck>

PsychologyToday: <https://www.psychologytoday.com/nz/basics/motivation>

Russ Harris, The Choice Point - A Map for a Meaningful Life:

<https://www.youtube.com/watch?v=OV15x8LvwAQ>

Inspiring/Motivational animal video: <https://www.youtube.com/watch?v=mxDx7EOnTHw>

*Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow (Mary Anne Radmacher, writer)*

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<sup>1</sup> Dopamine is also released both when we anticipate a favourable outcome, and when we achieve our goals. So, creating simple, regular and achievable goals helps us to replenish a positive motivational cycle.