

short term. Explore your own EXTERNAL and INTERNAL motivations.

- **External**

Looking for/depending upon EXTERNAL motivation leads to a dependence on and a constant need for further and greater external motivators. This is the opposite of self-management.

- **Internal**

Internal motivation means people do things for THEIR reasons. Feelings of competency and success are the truest motivators. NOTE: How a person "feels" about their competence is more important than the actual level of competence. People are motivated to do what they're good at. Therefore be aware of your competencies (Know what you're good at!). Also understanding how your dream is tied to your authenticity, passion and purpose, is critical in tapping into your internal motivation...

THE ABC'S OF MOTIVATION™

- Attitude
- Aptitude
- Agreements

- Beliefs
- Behaviors
- Benefits

- Commitments
- Competencies
- Confidence
- Consequences

Self-Coaching the Appropriate Approach (You can also rate many of these on a scale of 1-10)

- Identify **Goal, Challenge, Opportunity, Dream**
- **Belief in Potential** – Do I **believe** in my **potential** to accomplish this dream?
- Do I **Desire** to grow in the ways that my dream will challenge me to grow?
- Do I possess the **Knowledge** I need (or think I need) to accomplish my dream? If not, what **knowledge** can I build?
- Do I possess the **Skills**? If not, what and how can I build these **skills**?
- What **Resources** do I believe I need to accomplish this dream? Financial, technical, people, energy, etc.
- Am I willing to invest the **Time**? How much **Time** can I choose to invest on a daily, weekly, monthly basis?

- Do I possess the **Energy** to accomplish this dream?
- Do I believe that I possess the **Credibility** to accomplish this dream? If not, what is my current reputation? How have I earned it and what reputation do I now want to earn (self and others)? What can I do to earn the reputation and credibility? Is it all that important and/or can I accomplish the dream anyway?
- Do I **Trust** myself to do what it takes and then be able to honor the dream once achieved?
- Do I possess the **Commitment to Action and Follow Through**? What might be competing for my commitment? Is it more important? Can I do both?
- Have I identified all of the potential **Obstacles** and planned for them (performed a Risk Assessment)?
- Do I have a **Plan**? (SMART)
 - Specific
 - Measurable
 - Attainable
 - Relevant to my Passion and Purpose
 - Time Bound – chunk the steps, build milestones that you can accomplish, break down the dream into steps.
- With whom can I **Share** my dream, my plan and my commitment with and request **Accountability**.

Additional Resources:

- **Awaken to Your Purpose** – www.awakeningtopurpose.com
- **Business Coaching** - www.dare-dreamers.com
- **Life Coaching** – www.powerofmyway.com
- **Book** – www.powerofourway.com
- **Music** – www.powerofourway.com/store
- **Inspiration** – www.thepowerofmywaymovie.com
- **Newsletter Sign Up and Power of Our Way Programs and Resources** – www.powerofmyway.com
- **Dare Dreamers/Power of Our Way Affiliate Program** - <http://www.powerofourway.com/affiliates/>
- **July Conscious Dialogue** - <http://www.powerofourway.com/JulyConsciousDialogues/>
- **Past Dialogues/Access to Audios** - <http://www.powerofmyway.com/teleseminars/consciousdialogues.html>