

In most aspects of our lives quality should be at the forefront of our ambitions. It doesn't matter how quickly we can get it done when the end-product is total garbage and not at all marketable to any audience.

Being patient is by no means a walk in the park, it requires a lot of self-awareness and self-control. The Marshmallow Experiments performed at Stanford in the 1960's and 1970's showcased that children have a hard time being patient when it comes to gratification. In those experiments they placed a single marshmallow in front of each child and advised them that if they didn't eat the marshmallow while the researcher was away, when they returned the children would get two marshmallows.

Guess what happened... exactly, most of the children ate the single marshmallow instead of waiting and getting two. So, trying to rationalize with a child can be difficult because they don't understand patience, but when the parent also has a hard time with patience, then chaos is going to unfold, especially in the toy aisle of every store in America and around the world.

It takes time to communicate with others and it takes time to reach the goals we are striving to achieve. As young people we have a lot of ambitions about where we want to go in life and how we think we'll get there. Then in-walks life and we find ourselves looking like fools. Mistakes can make us even more impatient than we were before because we feel as though we need to make up for lost time.

However, with patience we can plan out our goals and set in place milestones towards our success. Accomplishing these minor initiatives towards an overall goal can grant us the motivation we need to keep trekking on our path to success. There's going to be setbacks, unfortunately that will never change, but minor boosts to our motivation can be exactly what we need during those difficult times.

Every day provides new opportunities and sometimes new revelations. Watching our plan suddenly unravel due to some unforeseen reason can be devastating and zap our motivation to look for alternative paths through life.

In Dustin Grinnell's video-opus he states, "I realized I hadn't postponed my dreams because of fear, but because of an addiction to certainty."

If you're someone who struggles with obsessive-compulsive disorder (OCD) you may have a really hard time dealing with uncertainty. Some of us like everything planned out, rehearsed, practiced, structured and reasonable. When it comes to life, it's anything but those things.

We have to learn to be patient with outcomes we weren't expecting, situations that we weren't "planning" on facing. Situations that often make us feel panicked, anxious,



worried because we didn't know how to handle them, what to do to remedy the problem as we saw it. Most of us have also learned that sometimes chaos is not such a bad thing, uncertainty is not always negative.

The takeaway here is to be patient because not everything will go as planned, and that we shouldn't get lost in the details because it will likely change or even worse stifle our creativity and experiences.

FEELING OVERWHELMED

When facing overwhelming consequences or odds, the first thing we should do is calm ourselves down. We can't think clearly if our minds are racked with catastrophic thinking.

When facing a stressful situation, we should have the important things planned out. Not every detail can be covered, and as previously stated, every detail cannot and should not be planned out. Just cover the most important ones.

First we should think about what we're facing and consider the pros and cons of the situation. If this is an upcoming presentation at work, then we need to have a game plan, have some idea of what we're going to talk about. And just as it is in sports, we need to practice! Enough cannot be said about the importance of repetition.

We should consider the most likely positive outcomes and consider the most likely negative outcomes and consider what we'd do if any of those were to occur. Having a plan B is smart approach to any scenario.

While it may sound cheesy and cliché, giving ourselves a pep talk is not something to laugh at. We need to focus on our strengths and skills, and instead of imagining our failure we need to imagine our success. Being confident that we can overcome whatever it is that we're facing and remembering past scenarios where we came out on top, will give a boost to our ego and help carry us through.

If possible or reasonable, we can share our burden with someone else, reaching out to them for support. As mentioned in a previous section, we can also consider using a journal to write everything down. Carrying a burden on our shoulders can wear us down and drain away any motivation we have when facing obstacles and setbacks. If we're not comfortable sharing with other people, we at least can write it down in a journal, as it can help alleviate the anxiety and help clear our thinking.

Most people do better when dealing with overwhelming odds by performing physical activity. Whether that's hitting the gym or going for a long walk, physical activity can



take the edge off and help clear our minds just as well as journal writing. Meditation is also a good option for those with the willpower to stick with it and learn the practice.

Catastrophic thinking is what feeds our sense of feeling overwhelmed. All of that negativity makes us feel even more worried and anxious. It does us absolutely no good at all whatsoever, only making our lives that much more difficult. The old adage rings true, "Worrying does you no good."

Once we overcome what we're facing, the victory will give our motivation a mega boost and propel us forward toward our goals.

INACTION

Feeling overwhelmed can lead directly into becoming inactive. Sometimes when we're facing so much that it just seems unwinnable and we give up and lay on the couch and watch T.V. instead. Or we get lost on social media, reading about everyone else's success while we lay on our couch afraid of everything beyond our front door.

It happens to a lot of people, now more than ever before. Some people try though, they set goals, but in a short amount of time they never achieve them because they don't take steps to do so. The odds seem like too much of an uphill battle, the path to success paved with too many difficulties and trials that it seems safer and easier to just stay in bed.

Taking the easy way is just another motivation destroyer. Inactivity is more than just being lazy, it's addictive and destructive. Being a quitter or taking the easy way out is a seductive choice for many people, and some of us have fallen victim to it as well.

Victim is probably not the right word, it suggests that it's something that's happening to us without our consent or control. But being inactive is absolutely a choice we are making for ourselves.

We choose to quit and we choose to take the easy way.

These words ring true, "Nothing worthwhile ever came from choosing the easy way out." It's the hard choices we make in life that are the most meaningful, it's the hard path that we blaze for ourselves that is the most rewarding.

How is it done though? How do we get up and do something? Well, no one expects you to wake up tomorrow and do something history making. More rationally, we must start with the small things. Each day we can begin pushing ourselves to accomplish



something small. It can literally be something as unimpressive as cleaning our bathroom or reorganizing our closet.

Those things might seem petty and uninspiring, but it takes baby steps to make a change in life that will continue. People try to make big changes with the expectation that they will stick with it and keep it up, but what happens in the end is that they fail to continue and fall back into inactivity because the hill they're trying to climb is too steep for their skill level.

So, we should set goals that are achievable for us right now, there's no shame in doing the little things first. Just like when someone is training for a sporting or fitness competition they've never competed in before, they need to start small and build themselves up. They start a routine and set small goals they can achieve, one success that will help them build upon the next.

These mini boosts to motivation will help propel us forwards in the direction of our overall goals, helping us build momentum. And we absolutely should celebrate every one of our victories.

As we continue to make accomplishments we shouldn't allow ourselves to become overwhelmed again, we shouldn't be afraid to take time off and recharge, as burnout is a very real and consequential problem high-achievers face. It can lead to a hard nose-dive into career ending or life damaging choices. We need to relax and recharge so we're ready for the next challenge.

LOSS OF MEANING

Nothing is as powerful as meaning when it comes to the driving forces that push us through life and the choices we make.

Meaning and purpose are big topics in the self-help genre of literature for good reason. We want meaning in our lives and we want purpose that inspires us to get out of bed every morning and carry on.

These two things give us the motivation to face all the obstacles and setbacks that life can throw at us. We should never discount just how powerfully motivating they can be.

For some of us, we search for these things, often making them the sole determinant in the choices we have made and the direction in which we have taken our lives. From



enlisting in the military to embracing our artistic side, how passionate we feel about something is a priceless force.

One of the most potent voices on meaning in the last century was Viktor Frankl in his book, *Man's Search for Meaning*. This book has been praised for decades for good reason, and has appeared on many recommended reading lists.

For as many authors as there are out there who have written on the topics of meaning and purpose, you are sure to find as many opinions. Some people say we shouldn't focus on meaning, just experience life day by day. Others say that meaning is everything and that it gives our lives purpose and purpose is what gets us out of bed in the morning. Our purpose is our motivation.

This ideology that we all need a mission statement really drags us down if we haven't found one. Especially those of us who work in an office for a living where it's hard to see how our work is making the world a better place.

We like to imagine that to do great things we also need a lot of money. In some sense, it is true that in order to have a mass effect on national or global causes we certainly do need a lot of resources.

However, there are other things we can do to improve other people's lives that doesn't require a lot of money.

One of the best guides to chart a path towards feeling fulfilled is to ask ourselves these three questions:

1. Do the people I love or appreciate know it?
2. Have I made a positive impact on others?
3. How will I be remembered?

How we answer these three questions will define whether or not we are living a meaningful and purpose-driven life that has not only been a benefit to us, but to others. None of these questions require us to be rich or famous, and that's important because wealth and fame are not what gives meaning or purpose to life.

The first question is pretty self-explanatory, the second may lead some to think they need to be some sort of saint or heroic figure, but making a positive impact on someone can be as simple as being kind to them when others are not.

Sitting down and having a conversation with someone where we actually listen to them and not just talk at them the whole time, can go a long way in making someone feel appreciated and that on its own can make a huge impact.



Any decision we make to assist others or sacrifice for the betterment of others provides us with the opportunity to feel as though we are making a difference, giving our lives meaning and what we do a purpose. For there is no greater purpose than serving others in some way.

The third question really goes hand-in-hand with the second. If we are enhancing the lives of others, then we are likely thought of kindly. We all want to be the type of people who have stories written about them, maybe even want to have statues made of us, but alas this type of legacy is not common. What we can be is the type of person who touches another's life in such a strong and deep way that they never forget us because of it.

Making that kind of positive impact is the kind of lasting legacy we should all strive to accomplish.

NO SKIN IN THE GAME

Sometimes we lack motivation because we have nothing to lose. The outcome will not have any impact on us and so we just don't care about getting up and doing anything about the event or situation. Other times we just don't think about the consequences of our inaction or lack of motivation.

Consequence can be a strong motivator if we want to avoid pain or further suffering. If we are facing something where we have the potential to experience a negative outcome if we do nothing, it can be one of the easiest ways to be motivated. But what if the outcome won't affect us directly, how do we get motivated to influence it?

First, we need to ask ourselves who it will impact. If those who are facing the consequences are people we know and care about, then our action should be without question and we should be fully willing to put ourselves out there to help them.

If we don't know them then it's a question of character. Do we want to be the kind of person who stands back and chooses to do nothing when others need our help just because we don't know them and it might be difficult?

We can use this type of motivation to our advantage by forcing ourselves to be at risk of inactivity. If we want motivation we can maneuver ourselves into the path of consequence and really put pressure on ourselves to achieve goals.



This method can be a double-edged sword, however, because some people may not be willing to risk loss if things go south and may avoid these types of opportunities all together. This may be beneficial sometimes, but avoiding opportunities can be a real disaster for anyone looking to expand their skillset or business success.

It really brings us back to the section on taking risks and being brave and fearless. Finding success after facing adversity is deeply motivating. It could also be addictive like gambling, putting us at risk of losing everything on a chance. Therefore, some moderation should be implemented when putting ourselves or others into risky situations, we should take time and be patient so that we can weigh the pros and cons and determine whether the risk is worth the rewards.

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