

What Motivates You? (see the back for the tool)

Dr. Jared Stepp

Explanations . . .

Health motivations – everyone can see these easily. It's time to write them down and get intentional about them.

- **General health motivations** - The scale. Your energy levels. Longevity – quantity & quality of life *"I want to dance at my daughter's/ grandkid's wedding."* These are all motivators in your health.
- **Competitive Motivation** – what does that look like long term? Team sport, awards, goals, competing with yourself – PR's (present & past). Competing with a training partner.
- **Aesthetic motivation** – part of how God wired you. The mirror motivates. It feels selfish or wrong. It's just part of how God wired you, and it should not be ignored, because YOU NEED THIS MOTIVATOR. Use it to your advantage!

Practical motivations –

- **Improvement motivation** - My life will be better. Long term – I make better decisions, I make more money, I take better vacations, I retire better, I give more, I bless my kids more, etc.
- **Efficiency motivation** – I'm better at life because I'm doing this. Energy is higher, more productive, etc.
- **Routine motivation** – music (ie. workout playlist), food, time of day, day of week, place, consistency, etc.

Sunk Cost Motivations (Use it to your advantage) like sunk cost syndrome, but used for God's glory and your good – you're wired for this anyway!

- **Research motivation** (I've sunk all this time) – you can learn more about this. You can go into a healthy [YouTube, or reading] rabbit hole on learning some things that will actually help you live better!
- **Finance motivation** (I've sunk all this money) - buy something like a gym membership, shoes, weights, boxing bag, trainer, app for nutrition, etc - use sunk cost syndrome to your advantage - only purchases with the agreement of your spouse. Nutrition decisions may cost a little more - research and get the cheapest healthy nutrition options.
- **Calendar motivation** (I've sunk all this planning) – schedule your next thing – put a getaway with your wife on the calendar. Schedule your workouts, set aside the time, schedule your time with God, make reminder alarms – you know adulting – Use it to your advantage in your disciplines and motivations.

Social motivations – we are social beings. This works.

- **A partner for accountability.** Workout partner. *"Meet me at the gym."* *"We're all working out at this time."* Share your goals. Always a man-friend. Never a woman-friend, men – that's a recipe for sexual sin – A HUGE NO! I've seen that so much. Here's a tip – encourage others in their goals (because it's awesome & right) and the likelihood goes up dramatically that they'll encourage you too.
- **Team** – they're all motivating you. This is an easy win if you're into team sports and can find a team. Take the W!
- **Your spouse, child** – they can provide social motivation also. Don't force them into it – that'll ruin relationship. But if they're into it – use it to your advantage – it'll bless them – you'll connect with them. They'll love it!

Dopamine motivations (short term rewards that make you want to come back) you're wired this way, it's probably been working against you (ie. video games, social media, tasty food, etc.), it's time to use them to your advantage.

How do you do that?

- **Athletic/physical/chemical motivation** – my body just wants this. Your muscles want certain kinds of work, they'll feel better and work better long term when you engage them. For me it's 100% max effort sprints, jumps and lifting weights – anything else demotivates me. For some of you it's long runs or rucks or hikes or biking or swimming – it clears your mind – or you like that kind of effort and pain. Max effort athletics at most of our age requires working up to it – but it's worth it I promise!
- **Progress/Goals motivation** – you can make a list of goals TODAY – right now even - check off a list. In the gym - 5 more lbs on a lift - 1 more rep. I have probably 100 goals right now – in every lift I'm doing, every race distance, every type of jump, both practice and competition goals. So many goals – I LOVE checking anything off that list!
- **Reward motivation** - when I complete this I will allow myself this (half a cookie, a steak, a smoothie etc.). Good rewards that don't ruin your disciplines, but keep you moving forward.

What percentage do you give to these motivations? Fill out what motivates you.

Health motivations (the scale, energy levels, longevity, competition, looks)

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Practical motivations (more money, better life, retirement, generosity, bless my kids-college, bless my spouse-house, efficient at work, more productive)

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Sunk Cost motivations (time invested, money invested, plans invested/calendar)

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Social motivations (having a partner, accountability, friend, team, spouse, child)

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Dopamine motivations (athletic/physical, chemical, progress/goals, rewards)

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

List any specific motivations that you’re **not using** to **full advantage** right now. Then **check them off** the **list, one by one**, until you **tip into action**.
