

E-go @EgoDriv

You don't need motivation. Here is how you can become self-motivated.

1. There are 3 types of motivation.

- a. Survival based
- b. Reward & Punishment based
- c. Intrinsic (this is the one)

Let's explain each and see how self-motivation is achievable.

1. Survival:

- a. That's when you have no choice but to get motivated or you'll literally die from not satisfying your basic needs.
- b. Here it's innate and can't be dodged or negotiated, shit just has to be done.
- c. Most people rarely find themselves in such situations.

2. Stick and Carrot:

- a. This is what most people use and this is exactly what gets them nowhere. Positive reinforcement for tasks accomplished, negative reinforcement for failures bla bla bla...
- b. The thing with this type of motivation is that it's flawed.
- c. Let's break it down:
 - i. It encourages shortcuts, since "eyes on the prize".
 1. You don't care how as long as it's done.
 2. It can harm your creativity because the focus isn't on the task itself but rather on the end result.
 - ii. It kills the intrinsic motivation
 - iii. Programs your mind for short term thinking

3. Intrinsic motivation:

- a. This motivation comes from the desire to be self satisfied by the outcome and the feeling of getting shit done.
- b. It's only driven by your own self-image.
- c. A feeling of pride and achievement.
- d. This is what should drive you and this is where once again ego plays a role.
- e. You have to live up to your own expectations and how you perceive yourself, so what motivates you is yourself and your own idea of who you are.
 - i. "I'm capable, so I have to get this done"
 - ii. "I simply can't fail at this because of how great am"
 - iii. This kind of positive self-talk is motivational itself.

On the other hand, every time you do get to the end of your tasks, you confirm the above statements and reinforce both your self worth by proving it to yourself and also your self confidence since you trusted yourself and proved yourself to be right. Now, this can be broken down into 3 main aspects:

1. Autonomy
2. Purpose
3. Mastery

Let's explain each one of them.

1. Autonomy:

- a. The desire to direct and decide of your own life

2. Mastery:

- a. The impulse to get better and better at something that matters to you

3. Purpose:

- a. The drive to do what you do in the service of something larger than just yourself.

Acknowledge these three, define them and let yourself be driven by nothing but your internal will to make shit happen.

Want to be motivated? Connect to the deeper values underlying what you want to do. Your values are your inherent motivation. You won't need anything else to motivate you.