

The PASSION TRAP

M O D U L E 5

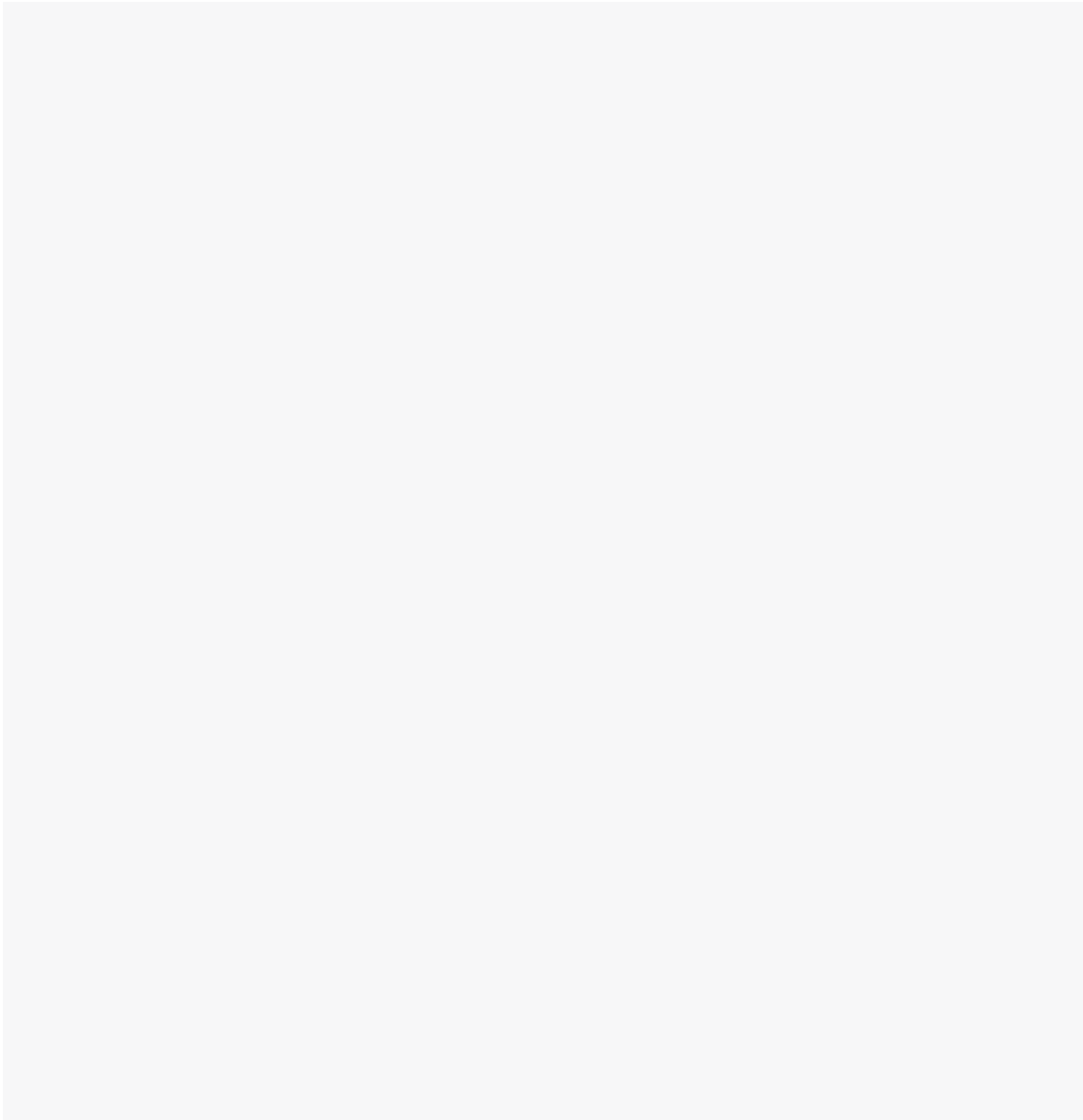
The Truth About Motivation

We think we need motivation to be able to do, well, anything. But we've got it backwards: Real motivation kicks in once you've started doing the very thing you want or need to do.

No one lying on a couch “feels” like working out. But once you're moving, it feels good to keep moving.

But if you really don't want to do a thing, motivation itself may not be the problem. And that's why it's worth taking a closer look at what you might do next—and why.

PROMPT: What are some things you have said to yourself you want to do? Make a list.



Look back at this list and give each item two numbers ranging from 1 to 5 (*1 being lowest value and 5 being highest*)

- **Rate it first on how *valuable* it is**—for your quality of life and/or future prospects.
- **Then assign a second number based on how *desirable* it is to you.** How important and exciting is the prospect of this thing, not to someone else, but to you?
- **What do the numbers tell you?** If you rate an item a 2 on value, but a 5 on desire, whereas another scores a 5 on both, it's worth noting. The more honest you are here, the easier it is to prioritize.

TIME TO START DOING THE THINGS

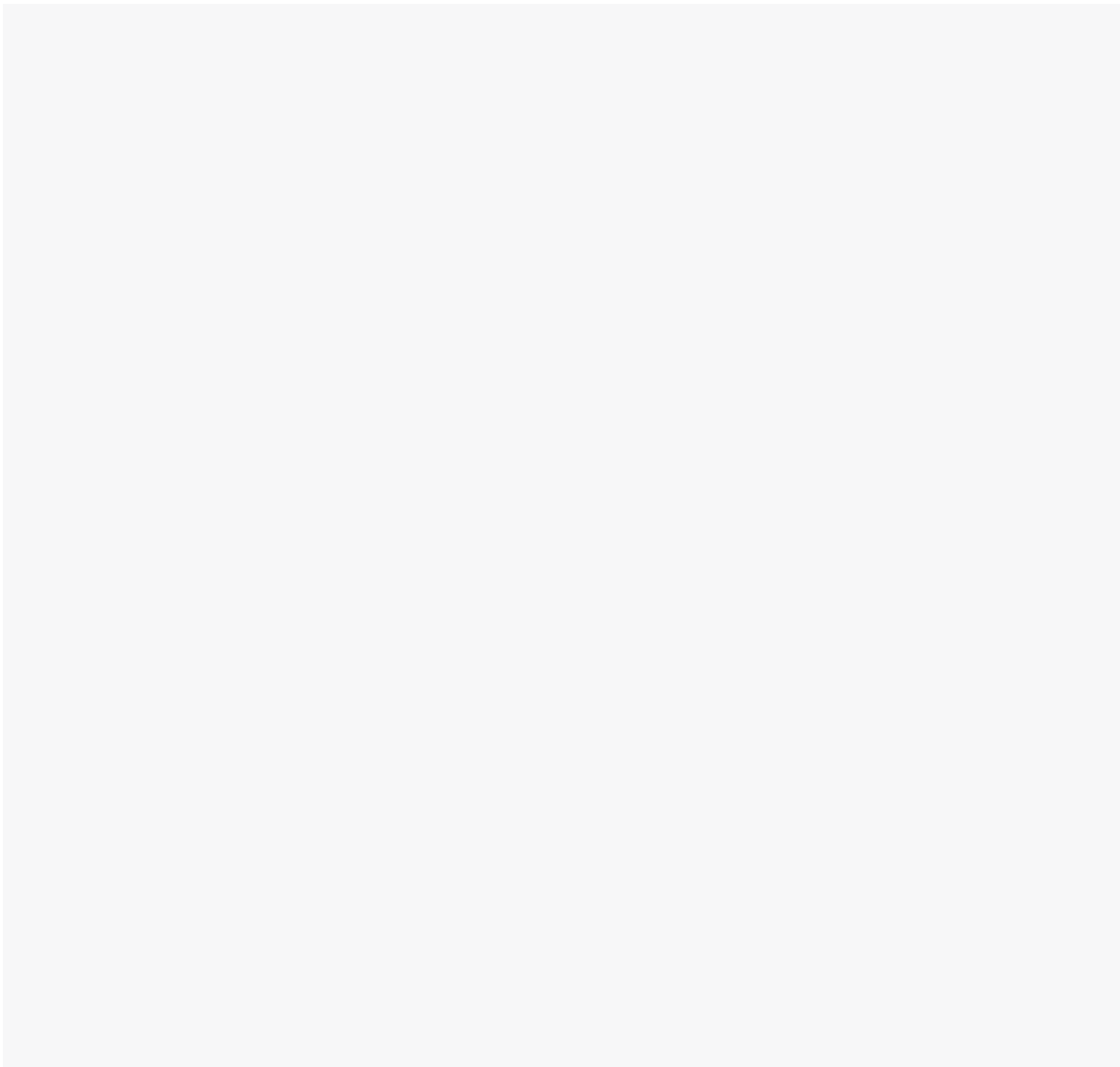
Think about one thing you want to do, and *want* to be more motivated to do.

What simple, clear, definitive action can you take to start making it happen? Start with the one that yields the most value and that you *want* to do.

Why else would doing this thing be worth it, aside from being able to say you did it?

PROMPT: Write about a time when you experienced progress. What were you doing?

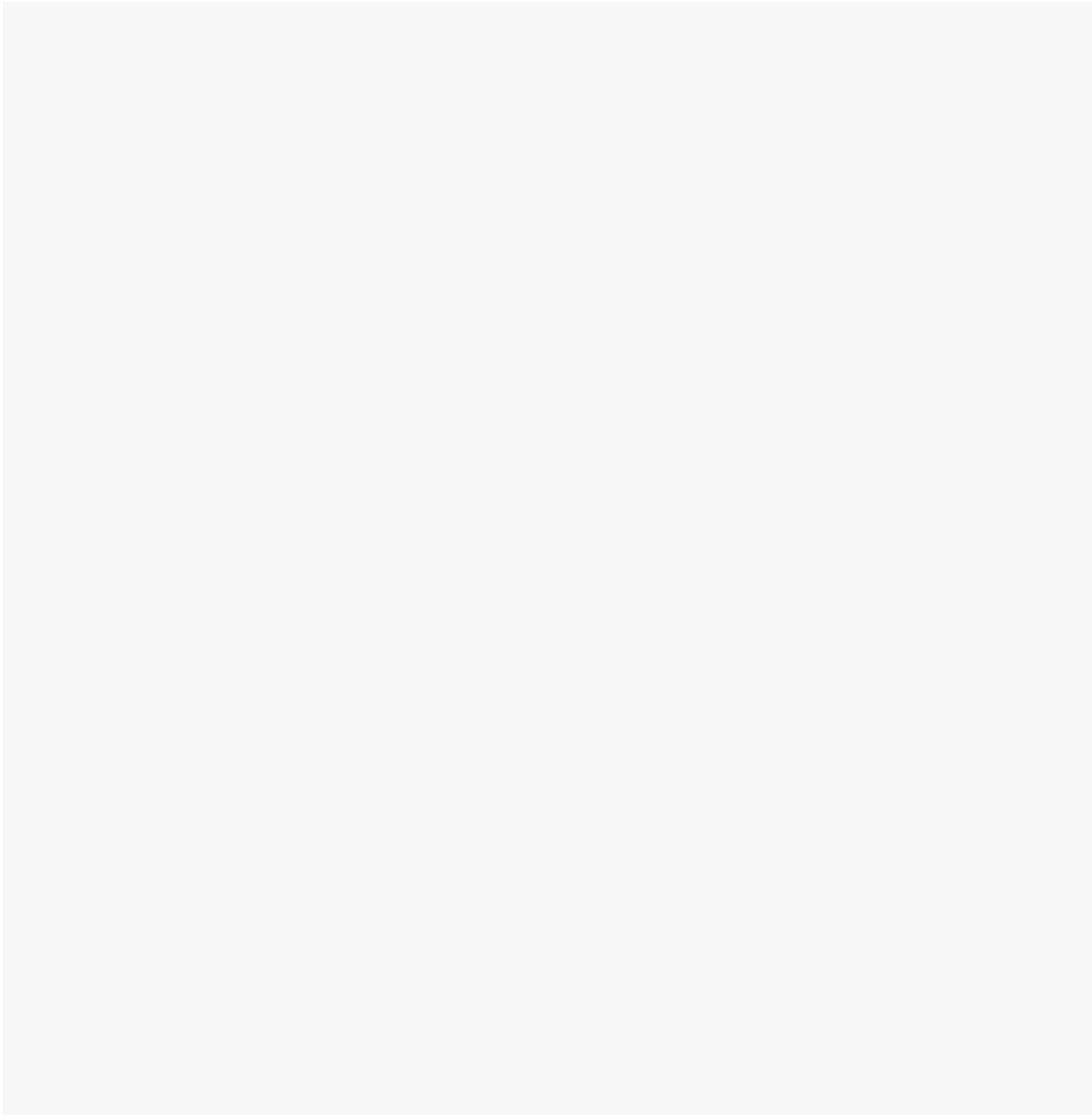
Set a timer for 10 mins and start writing.



WHAT DEFINES PROGRESS

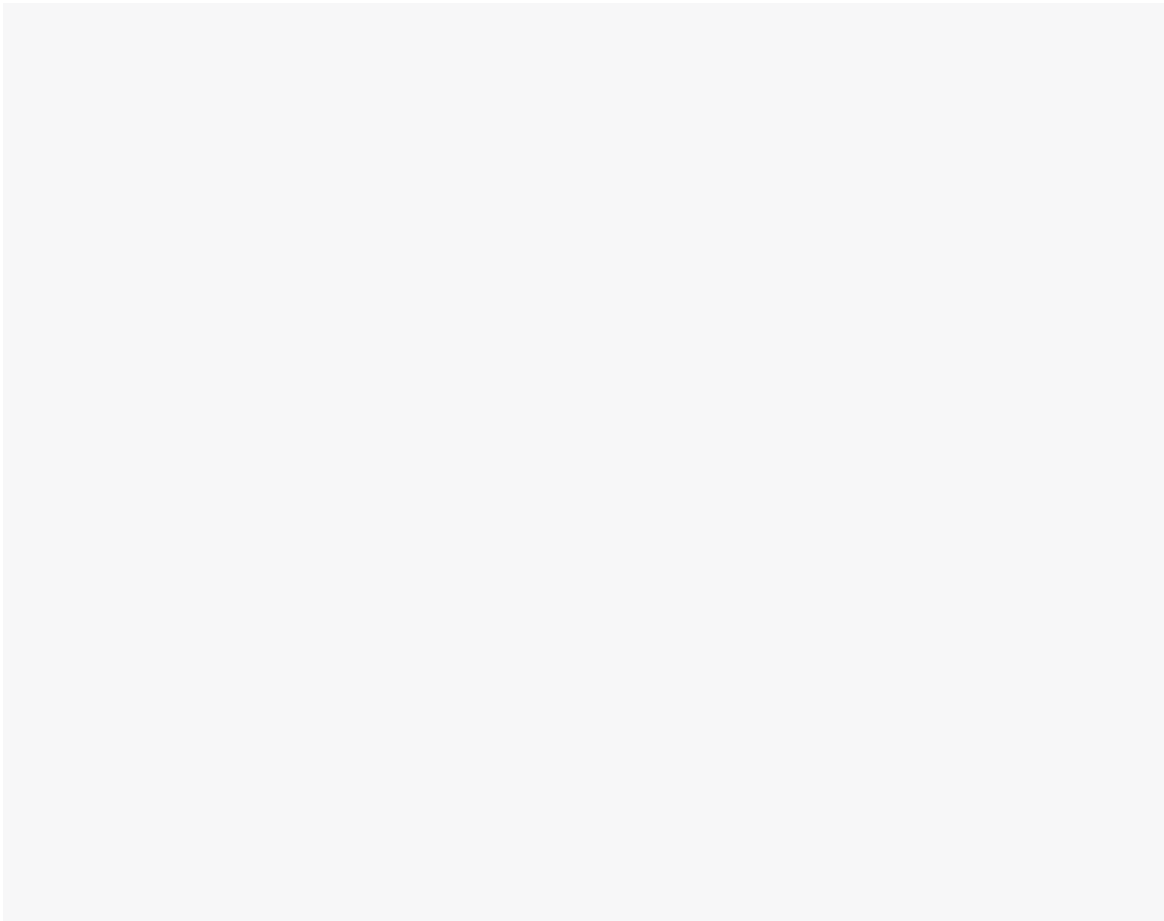
“Progress” on writing your book isn’t seeing the finished copy on shelves. And dreaming of doing a podcast isn’t the same as planning a content calendar and downloading audio software.

PROMPT: What would progress *look* like in real life? You getting up an hour earlier? A growing pile of pages you’ve written? Take just a few minutes and get concrete about how you’ll know you’ve made progress, short of just having a “finished” thing. What do the stages look like?



OK! So now you've given yourself some concrete examples and markers for what progress will look like. Now it's time to map out what's next and what you need to lead to that progress.

PROMPT: What are some of the steps you can take right now that will lead to tangible progress (not results).



Congrats! You've done more work on making your next steps concrete than most people will ever do.

By the way, it's totally ok if you're not sure what exactly you want to do next. What you know is that you're ready for a change and that the same old advice isn't helping.

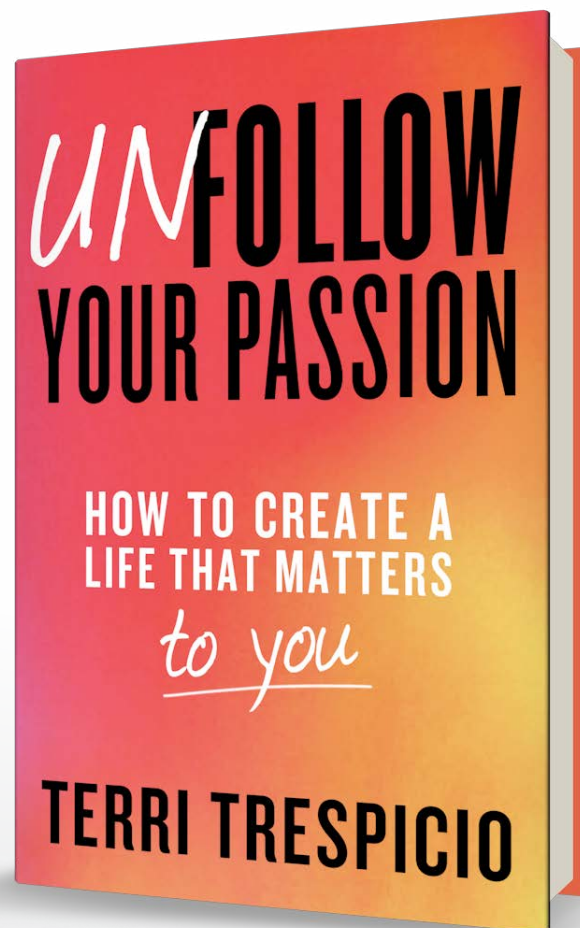
Now that you've cleared out some tricky half-truths, it's time to decide what the rules are, what values will guide and define you, and the conditions you need to make it all happen.

I'll tell you about how to do that in the next video!

SELF HELP FOR PEOPLE WHO DON'T FOLLOW ADVICE.

"GENTLE,
BUT BRUTALLY
HONEST."

- POPSUGAR



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