

# USE MOTIVATION AND ACTION TO LEAD TO FASTER CHANGE AND HAPPIER PEOPLE

---

Jon Acuff

Insta - @jonacuff

Motivation and Action

Easy to start, challenging to finish goal

Results end result: Action what you will do Motivation why you do it

Action and motivation without a good goal are just distractions.

## **Pick a Goal.**

They just do the next thing on fire or in motion. Rarely, do we say how does this help us achieve our goal?

Picking a goal creates responsibility, we get scared because if we pick a goal we have to own it. If i don't pick a goal, I won't miss. It is easier to sit on the sideline.

Ideas to setting up a goal:

1. What do you want to be true in 90 days? (30 days, 7 days) The timeframe helps us to dream a little more. Everything we do is on vision, we focus on our excuses not the vision. Ex. Connect every kid to a small group leader, knows name and story - How do you measure it (2 volunteers per kid)
2. This is impossible, but \_\_\_\_\_,
  - defeat the negative talk
3. this is weird, but i want to \_\_\_\_\_.
  - shouldn't make sense to everyone
4. If I don't \_\_\_\_\_, things are going to suck.

Thursday, May 2, 2019

- Approach/Avoidance - we avoid this negative situation
- consequence, you know the things that will be difficult if you don't do the smart things

1. What bothers you?

- You should do something about it.. I wish, why don't we...

2. A team goals requires your personal best

- When God gives us this call to hope and dream, we bring up small goals.

Some of our dreams have become functionally amputated

1. **Find a difficult problem** - not something easy, but something challenging

2. **Figure out what it feels like running downhill.**

- Marie Kondo - decluttering - What sparks joy?
- I have an image of jerk God in my head that the real God wants me to release.
- What sparks joy in me?

3. **Getting motivated is easy, staying motivated is DIFFICULT**

- Criticism cripples motivation - cumulative and sticky, we carry it
  - My pocket jury
- If amazon reviews were called amazon opinions authors wouldn't obsess over them.

4. **You weren't meant to carry criticism alone**

- if you're in community, you need to share and seek validation/rejection of it.

5. **You can't confuse feedback with hate**

- 24-48hrs to admit someone is right

6. **Remember who you are doing this for.**

7. **Stress Kills motivation**

- Don't give real time to fake worries.

Thursday, May 2, 2019

- I'm not going to overanalyze feedback I haven't even received yet.
- Keep Better Worry Hours - 2am is terrible time to make a decision

### **8. Action will always beat motivation.**

**Increase or Decrease - over complicate it. we complicate so we don't have to do it.**

What are things you can increase and decrease?

**Take Small steps towards Big finish lines**

**What are smart people doing that I'm not doing? Served and Seen.**

- helps to propose new action

**Dont wait until the finish line to find out how you're doing**

mid goal review

- your behind, your ahead, your'e right on track.
- If you're behind be aware of shame, if you're ahead be afraid of comfort
- Access to three dials
- the results, the timeline, and the action - These are the dials to move.
- Make the most of the dial you have the most control over... your actions.