

What Fuels You

Choose your sources of motivation and energy carefully. Color in the chart from left to right as you shift your source of fuel. Nothing is wrong with the items on the left; they do motivate a person—however, at considerable cost. It takes practice, discussion with your coach, learning new distinctions, and seeing the early stages of the shift to continue in this game—and make sure you treat it that way. This is not a should—it’s an opportunity!

Fools You	Start >>>> Achieve					Fuels You
Emotional reactions						True, simple feelings
Anger, revenge, judging						Pure compassion for others
Take, win, prove						Being perfect as you are
Keeping things the same						Surrendering to the flow
Chasing unmet needs						Responsibly fill one’s cup
Drama, crises, intrigue						Peace, boredom, and freedom
Compulsions and addictions						Choice
Self-criticism and self-blaming						Granting full forgiveness
Unhealed past traumas or events						Awareness and healing
Tripping over unresolved matters						Restoring 100 percent integrity
Shoulds, coulds, have-tos						Wants and desires
Managing others’ impressions						Honoring own standards
Avoiding consequences						Building trust with others
Catching up, adrenaline						Building reserve: time and money
Resignation, reacting						Dedication, have a vision
Searching, looking						Enjoy beauty
Pleasing others						Servings one self