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Crash and Burn Motivation: The Solution

This is a comment I posted on the John Hopkins University Website:

<http://www.jhunewsletter.com/news-features/working-out-is-for-you-not-spring-break-1.2774219#.TzTpF1xOi9U>

The full article can be found by clicking the link above, but it starts like this:



Working out is for you, not Spring Break

Strong is when you've run out of weak. Pleasure is when you've had enough pain. Success is when you've had enough failure.

If this is your first time reading the column, I don't care if you think you're fat, skinny, fit or already perfect, if you don't want to improve yourself, if you aren't willing to work hard to see gains, if you are looking for some easy advice, then this is not the place for you.

We all have our own standards, goals and benchmarks to meet, and if you want to improve yourself, regardless of the level that you're on, then it is always hard to do. This column can either be your weekly casual read or your weekly guide to building a better and healthier lifestyle. The choice is yours.

It's no question that being in good shape puts a smile on your face, but it won't last if you can't put a smile in your mind.

What does this mean? Think about how many people try to desperately lose belly fat the week before spring break by going all out at the gym and often starving themselves. The enthusiasm is great and the hard effort even better, but the undeniable fact is that most health gains we make during a short amount of time only

lasts for a corresponding short amount of time.

Here's what I wrote in response:

I like your approach to helping people create long term motivation, as the type of short term motivation experienced by most people simply doesn't work. People end up frustrated, worn out and going backwards.

We don't want that, we want people who know how to get what they want, and know how to make a plan that gets them there, pleasurably!

I put together a course that shows people how to create their own long term motivation, and part of it is about learning how to work with Values, as you encouraged people to do in this post. I have copied in a few of my words from my book 'How To Do What You Don't Want To Do' about working with values. Check out the rest of the book [here](#)

About Values and Motivation:

When we talk about motivation what do we mean?

This is probably most easily answered by asking you, 'how did you feel the last time you were motivated to do something?'

As you re-associate into that time and feel those feelings of motivation you will no doubt now start to re-feel motivated. Where do you feel those feelings? Where in your body?

The areas will be unique to you, they may also be unique to the particular thing you thought about. What does this tell us?

Three really interesting pieces of information, that's what.

1/ Your thoughts can create feelings of motivation.

2/ Motivation is something you feel as a result of the way you think. This inevitably leads to number 3.

3/ Motivation is not some abstract concept that is hard to define, use or develop;

Key Point:

Motivation is a workable set of processes that can be modified, changed, created and used, all to your advantage.

Values

What's important to you?

What we've looked at so far has taken you from where you are (current motivation strategies) to where you might want to go (desired qualities for you future motivation program). What we need now is to make it so that you know what you want to fill your strategies with. This is the meat of the program and will show you how to grow and develop your very own motivation program, in a way that is truly right for you. In this section we look at values and how they are going to be used.

What are values?

Values are those things that you hold dear, those things that are important to you in your life.

Values are also criteria, they are how we judge things. Ever wonder how one person can love a pair of shoes and another person hate them?

It's because they satisfy different values for each person. Values are your guide to your decisions, they define how you make meaning in your life. They are also truly personal, your values are yours, there is no good or bad, they simply are.

Exercise time:

Using the table below, ask yourself this question:

'What is important to me about Life?' then do the same for diet, free time and gym/workouts/exercise (these are the four Contexts in which you are going to find your values and the reason for doing all of them is you need to know if you have any conflicts – most of us do – and how you build the bigger picture of your life, into which you put your exercise and eating!)

Your target is to get at least 12 values (criteria) for each of the four contexts.

Once you begin to dry up with your answers you can also ask yourself

'What do you want in X (where X is your context)?' and 'What else is important to me about X?'

What sort of answers are we looking for?

The shorter the better, if you can get your values down to one word, that is ideal, but up to five is acceptable.

If we were doing a values elicitation about a supplement, for example, we might come up with:

Nice tasting, dissolves easily, doesn't taste powdery, effective, good value, scientific backing, stores for a long time, mixes easily, comes with endorsements from our favourite athlete, etc.

You can also find this article published on [Crash and Burn Motivation: The Solution](#), and on the tag pages [blog comments](#), [long term motivation](#), [motivation](#), [values and motivation](#).