



What Fuels You?

Choose Your Sources of Motivation and Energy Carefully

Instructions: 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!

<u>FOOLS YOU</u>	<u>START → ACHIEVE</u>	<u>FUELS YOU</u>
Emotional Reactions	>>>>>>	True, Simple Feelings
Anger, Revenge, Judging	>>>>>>	Pure Compassion for Others
Take, Win, Prove	>>>>>>	True, Simple Feelings
Keeping Things the Same	>>>>>>	Surrendering to the Flow
Chasing Unmet Needs	>>>>>>	Responsibly Fill One’s Cup
Drama, Crises, Intrigue	>>>>>>	Peace, Boredom & Freedom
Compulsions & Addictions	>>>>>>	Choice
Self-Criticism & Self-Blaming	>>>>>>	Granting Full Forgiveness
Unhealed Past Traumas/Events	>>>>>>	Awareness, Healing
Tripping Over Unresolved Matters	>>>>>>	Restoring 100% Integrity
Shoulds, Coulds, Have-tos	>>>>>>	Wants and Desires
Managing Other’s Impressions	>>>>>>	Honoring Own Standards
Avoiding Consequence	>>>>>>	Building Trust With Others
Catching Up, Adrenaline	>>>>>>	Building Reserves of Time & Money
Resignation, Reacting	>>>>>>	Dedication, Have a Vision
Searching, Looking	>>>>>>	Enjoy Beauty
Pleasing Others	>>>>>>	Servings One’s Self

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