DEEP MOTIVATION

READ&DO

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1 basic modules

1.1 change <-> be changed

Choose a goal to aim for

1.2 The 'primary cognitive illusion'

Primary cognitive illusion in your words.

2 Motivation, rather of oneself

2.1 Manipulation versus motivation

What are the differences between manipulation–motivation?

2.3 Internal and external motivation

Reflection: what does 'deep motivation' mean to you, now?

2.6 From motivation for small purposes to motivation for great purposes

Connecting feelings of motivation in the little and the big

2.8 Finding motivation at work

Reflection: consider how you could be even more motivated

2.10 Realizing what your motivations-behind-motivations are

Reflection: goal -> meaning -> deeper meaning -> concretization in imagination or in reality

3 minutes meditation about deep motivation

3 Motivation from - (rather of) others

3.4 Motivation from being motivated together, as a team

What does "human energy is deep motivation" mean to you?

3.6 Motivation from underlying equanimity

3 minutes empty teacup: on equanimity as motivation