

# Life Coaching Webinar

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## Session Four – Motivation Copyright Henry Cloud, Ph.D. 2012

The Nature of Motivation: Get and Keep Moving

Positive

Negative

Examine Your Motivation

Intrinsic vs. Extrinsic

Smart, Control, and Non Conflicting?

From Injury or Desire?

Get to Desire and Its Blocks: Will vs. Numb

Want vs. Ought

Executive Functions

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## Learn Your Pattern

Who, What, Where

Structure Who, What and Where

## Path

1. What and why
2. See it and the path: Attainable
3. Contagious and models
4. Exposure to motivating knowledge and material
5. Structure and accountability and public promises
6. Keep pain and pleasure in front of you: Play the movie
7. Act like an ant: Small goals
8. Eliminate negative motivators and increase positive
9. Attention, inhibition and memory
- 10 . Check thinking and automatic thinking

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11 . Finish small steps and rewards along the way

12 . Consequences

13 . Regroup, forgive, don't miss twice