



Presented by BU Happiness College

The Balance Between Intuition, Routine & Discipline

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Before something can become a habit, it must first be practiced as a discipline.



What is motivation?

Motivation

The desire or willingness to do something; enthusiasm.

Also - enthusiasm, drive, ambition, initiative, determination

Feeling motivated and wanting to take action towards a goal.

Strengths: fuels competition, can spark connection, strives towards days with meaning & purpose

Limitations: is a feeling, so is not always there. Can lead to excuses, self-doubt & negative self talk

What are some recent examples when I have felt motivated?

What are some recent examples when I have not felt motivated?



What is discipline?

Discipline

To train oneself to do something in a controlled and habitual way.

Also - strictness, self-control, routine, self-restraint

Knowing that you will not always feel motivated, but being connected to your why so that when motivation lacks, you will want to or choose to take action.

Strengths: develops mental agility, focus & self confidence. Goal setting, achievement, meaning & purpose.

Limitations: self punishment & negative self talk. 'Have to's, need to's' etc.

What are some recent examples when I have brought in discipline?

What are some recent examples when I have given in to excuses?



What is intuition?

Intuition

A thing that one knows or considers likely from instinctive feeling rather than conscious reasoning.

Also - hunch, feeling, instinct

Checking in with yourself to see how you actually feel that day and having flexibility in the action steps towards your goal.

Strengths: develops self awareness, identity and self-assuredness.

Limitations: can lead to buying into excuses, not taking action and procrastination.

What are some recent examples when I have considered how I felt?

What are some recent examples when I have let intuition turn into excuses &/or procrastination?

The 4 types of motivation



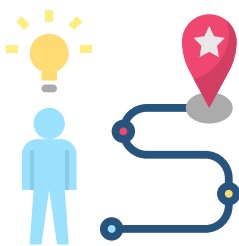
Extrinsic

Inspired by outside forces—other people or rewards. Can increase motivation in the short term, but generally wears off quicker



Intrinsic

Comes from within. Your desire to improve a certain activity or reach a certain goal. Not motivated by deadline or outside pressure



Identified

Recognising that a behaviour is beneficial toward your development and adopting that behaviour as your own



Introjected

Comes from the performance of tasks.

Accomplished: Accomplishing by positive reinforcement. **Avoidant:** Avoiding negative feelings: shame, doing a bad job

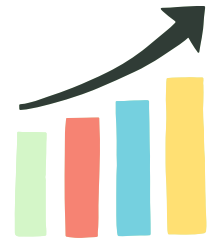
Your tools



Language changes



Goal setting



Tracking progress



**Acknowledge
excuses**



**Recognise
procrastination**

Which of these resonate with me?

A photograph of a person with dark hair, wearing a dark shirt, sitting and writing in a spiral notebook with a pen. The background is softly blurred, showing what appears to be a window with light coming through. The text 'Key Takeaways' is overlaid in white on the top left of the image.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...