

# Motivated



[www.FeinMovement.com](http://www.FeinMovement.com)

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## A quick word on why we're here:

### Why "Motivated"

Life is too long to neglect caring for ourselves, and too short to spend it doing burpees.

I could fill this entire page with the list of benefits of exercise. But reading it twice would get you no closer to jumping up for a workout.

**This resource is my attempt to share *actionable* ideas to create motivation.** If we need a stream of inspirational quotes, pre-workout energy drinks, or slaps on the wrist, I'm out. We can do better. We can practice sustainably.

**Okay, you ready?  
4 questions to get and stay motivated:**

## 1) Autonomy: Skin in the Game

### Theory

We're more likely to buy into processes that we help craft. If you want to stay connected, engaged, and motivated, you need to buy in. You need to be a part of the process.



Show me a class full of motivated students, and I'll show you a teacher who gave them some choice.

### Question 1/4

**Is there a physical activity where you're comfortable making your own decisions?** *(Literally write down your answer!)*

Maybe for weightlifting, you'd rather have a coach to guide you through technical progressions. But you love to go climbing, and just figure things out on your own. For someone else, it could be exactly the opposite! Consider when you feel comfortable taking your seat at the table -- putting skin in the game.

## 2) Competence Compounds

### Theory



If you introduce a group to a new sport, some will have more early success than others. They'll probably enjoy it more, and then continue to develop competence. Anyone who gets frustrated will be more likely to walk away.

It's not about how easy or hard the activity is, but how we feel while taking it on.

### Question 2/4

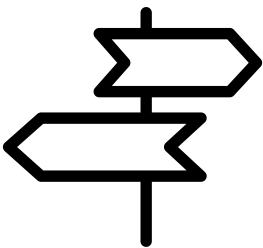
**What's a challenging activity that makes you feel competent?** (*Literally write down your answer!*)

Ballet is really hard. If you're like me, taking a typical ballet class would probably make you feel extremely *incompetent*. But what's the other side of the coin? For me, calisthenics comes to mind. It's still freaking hard, but I feel like I can really engage with it and show myself that I can be strong.

## 3) More Options, Less Stuck

### Theory

If you stubbornly pursue ONE progression, you'll eventually feel like the step you're on is doable, but the next one is impossible.



If instead you surround yourself with *multiple* paths of progression, you have plenty of directions to look. If one leap looks too big, you can look to another staircase for something more accessible.

### Question 3/4

**Think of a progression where you've felt stuck. Instead of forward, how might you go sideways?**  
*(Literally write down your answer!)*

For me, after decades of juggling, I was able to juggle 6 balls pretty well. But 7 feels so freaking *fast*. Instead of struggling with 7 and banging my head against the wall, I can practice other variations of 6: changing the speed, height, pattern, stance, etc.

## 4) To Go Long, Embrace Short

### Theory



The short run is extremely motivating, but we constantly make the mistake of ignoring it. Prioritizing the long run *sounds* nice, but remember that it's made up of many short ones.

I would love to eat a cookie right now or win a million dollars, and I bet you would too. It seems a bit silly to pretend otherwise.

### Question 4/4

Sure, if you lift weights for the next 5 years, you'll get really strong. **But what's something pulling you today?** (*Literally write down your answer!*)

For some, it's going dancing. For others, a hike sounds like a pleasant afternoon. For just a moment, forget what sounds "optimal" or sustainable. Live a little, and let yourself choose FUN.

# ACTION

**So you've got these four answers:**

- 1) Where you make your own decisions
- 2) Where you feel challenged & competent
- 3) Where you can take a step sideways
- 4) Where you feel pulled

**Try looking for overlap between the four.**

If there's a hobby or style of exercise that can check off multiple boxes, pursuing it could change your life.

**To be able to look forward to movement is such a privilege, and I'm on a mission to help you find it.**

How helpful was this resource for you, 0-10?

If I can make it closer to a 10, please let me know how!