

## Session 5

### Respond, Don't React

*"Your problem isn't the problem. Your reaction is the problem."* - Anonymous

Remember, you can only control what you *have* control over. **RESPOND** to those things! We often **REACT** to things we *don't have* control over, and that's where things go wrong.

When dealing with motivation, we also must be mindful of what we're doing. There are far too many times when we **REACT**. People normally do this in the middle of a strong feeling.

#### Examples:

- Yell at your kids when they interrupt something important.
- Snap at your spouse when they don't agree with you on something.
- Reply instantly to a social media post that rubs you the wrong way.

For each of these examples, we **REACT**. We don't think through what we should do (or say). We end up **REACTING** immediately, often causing more harm than good.

What we need to do is **RESPOND**. This involves control; actually, thinking through our actions. When we do this, we make better decisions. We also become more motivated because we wisely choose our path, we don't accidentally choose our path.

Motivation doesn't come from fear. Fear comes from things we can't control. We **REACT** to fear. Motivation comes from a place of mindfulness; carefully thinking about the future. It's important that we **RESPOND** in a way that will carve out opportunities, excitement, and happiness.

#### EXERCISE

Many times, our happiness comes from who we hang around, who we have relationships with. Positive relationships inspire us. Negative relationships bring us down. Do you know what individuals inspire you? Use **WORKSHEET 1** to identify your spark team. Find out who supports you, who encourages you, and who energizes you. Then **RESPOND** by making a choice to remove those negative relationships.

#### EXERCISE

When we make choices, we usually base them on the things we tolerate. When we tolerate the wrong things, we get overwhelmed, and then our minds get cluttered. Use **WORKSHEET 2** to identify your tolerations. Learn what you're putting up with, what's cluttering your mind, draining your energy, and slowing you down. Then **RESPOND** by making a choice to remove those tolerations.

## Motivate Yourself Now (self-motivation course)

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Making these important, positive choices allows you to not only get motivated but stay motivated in the future.

Make positive choices!!

*Elizabeth Debol*

Creator, Motivate Yourself Now