

Jumpstart YOUR Motivation



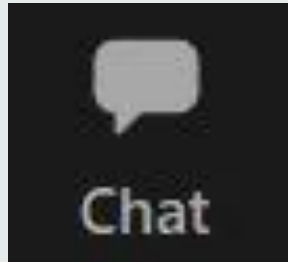
RE-LIGHT THE SPARK

Sue Melvin, 2/18/21

Housekeeping



Attendees muted due to the number of participants



Questions, Answers, Comments



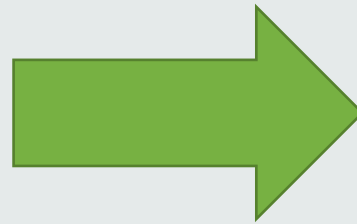
Recording this session for future educational use

Housekeeping



Welcome





Overview

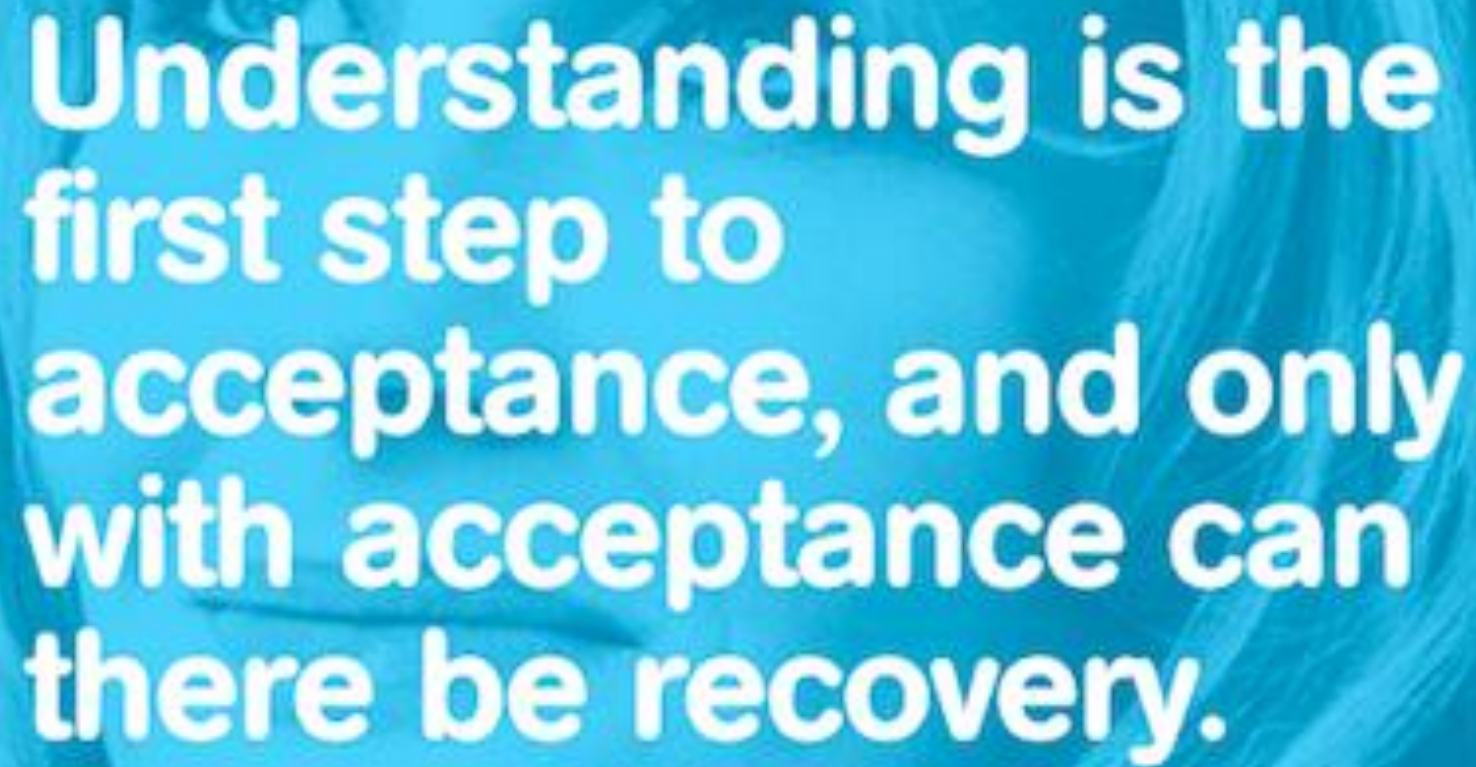
- Understanding – *What* are we feeling and *why*
- Relationship of happiness to motivation
- Ideas for *how* to recharge, be more productive and motivated in our musical & non-musical lives.



and



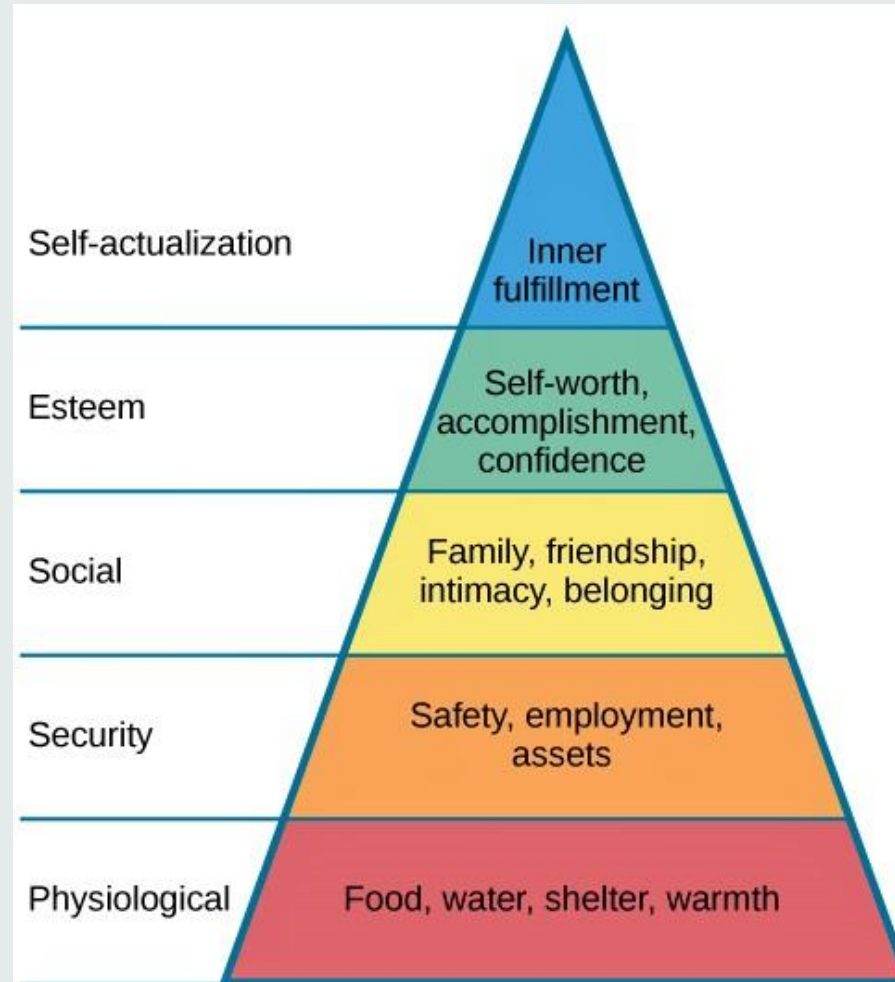
What are we feeling and *why*?



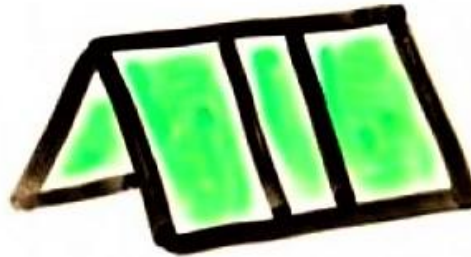
**Understanding is the
first step to
acceptance, and only
with acceptance can
there be recovery.**

- JK Rowling (Harry Potter)

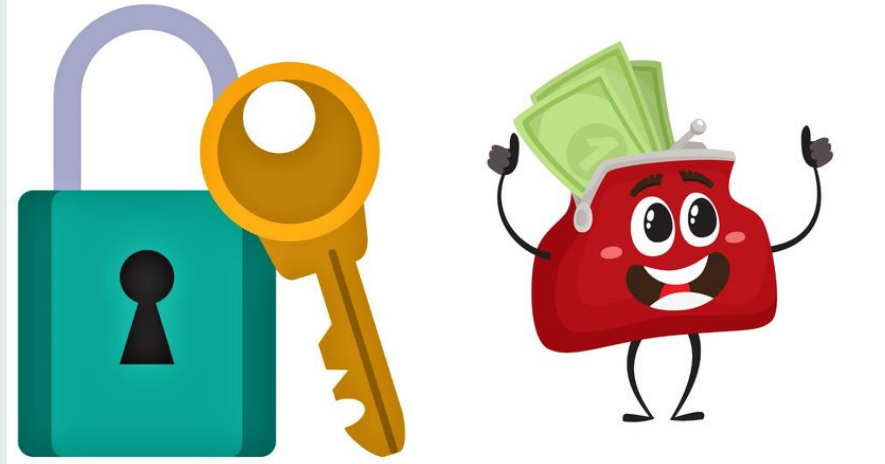
Human Motivation



#1 - Basic Physiological Needs



#2 – Security Needs



#3 – Social Needs



#4 - Esteem Needs



#5 - Self-Actualization Needs



No wonder!



Sigh of Release

Benefits of a big SIGH

- Pushes out old, stale air & activates the whole lung
- Releases muscle Tension
- Eases Anxiety
- Reduce inner Stress
- Can re-set a panic or Anxiety attack
- Encourage regular Breathing
- Makes you feel better



A Better Day is Dawning

Definition

- Motivation is the process that initiates, guides, and maintains goal-oriented behaviors.
- It is rooted in a basic impulse to optimize well-being and maximize pleasure.
- **It is the driving force behind human actions.**



How do we do it?



8 Tips to Get Motivated

1. Get enough sleep
2. Start the task
3. Surround yourself with people who motivate you
4. Take short breaks
5. Eat right
6. Be specific about your goal / break down into do-able 'chunks'
7. Break up the day into different tasks
8. Start on a Monday



SURVEY SAYS...



Impact of Sleep on Motivation

How much is enough?

- Most adults need 7 to 9 hours each day (although some people may need as few as 6 hours or as many as 10.)
- Older adults (ages 65 and older) need 7-8 hours of sleep each day.
- 5 hours of sleep isn't enough, especially in the long term.
- According to a 2018 study of more than 10,000 people, the body's ability to function declines if sleep isn't in the 7–8-hour range.


Impact of Sleep on Motivation

Negative effects of not getting enough sleep:

- Not thinking as clearly / lack of focus
- Not reacting as quickly
- Working memory is impacted
- More sensitive, moody, or irritable
- Lack of energy for willpower
- Weight gain



Get Started



The Zeigarnik Effect

Our minds quickly forget finished tasks. However, they are programmed to continually interrupt us with reminders of unfinished tasks. These intrusions constitute the Zeigarnik effect.

Dr. Bluma Zeigarnik, 1927

WE ARE MORE LIKELY TO
REMEMBER INCOMPLETE
TASKS OR INFORMATION AND
TAKE ACTION

THAT'S WHY YOU GET SONGS
STUCK IN YOUR HEAD.

TO BE CONTINUED...

Your Motivation Posse

Who motivates & lifts you?

Who makes you feel good about what you can *do* and *accomplish*?



Your Motivation Posse



Partner with a friend/motivation buddy

- ✓ Yes, you can even do this on Zoom.
- ✓ E.g., an every-other-day appointment with a friend?
- ✓ 5-10 minutes of vocalizing together on mute?
- ✓ If something is on the calendar with another person, we are much more likely to follow through.
- ✓ And it's *fun* seeing your friend!

Take Short Breaks



To increase productivity and motivation:

- 1) Helps you to process and retain information
- 2) You'll get a better sense of the bigger picture
- 3) You'll be more creative
- 4) Breaks can help you cultivate healthier habits
- 5) Taking regular breaks helps you be more productive
- 6) Breaks up otherwise daunting tasks into manageable chunks.

Food for Motivation

According to the World Health Organization, the right foods can increase brainpower, motivation, and overall productivity by up to 20 percent. Keep your brain humming all day long with foods like these:

- Salmon
- Berries
- Green Tea
- Dark Chocolate
- Nuts
- Avocados
- Bananas
- Water





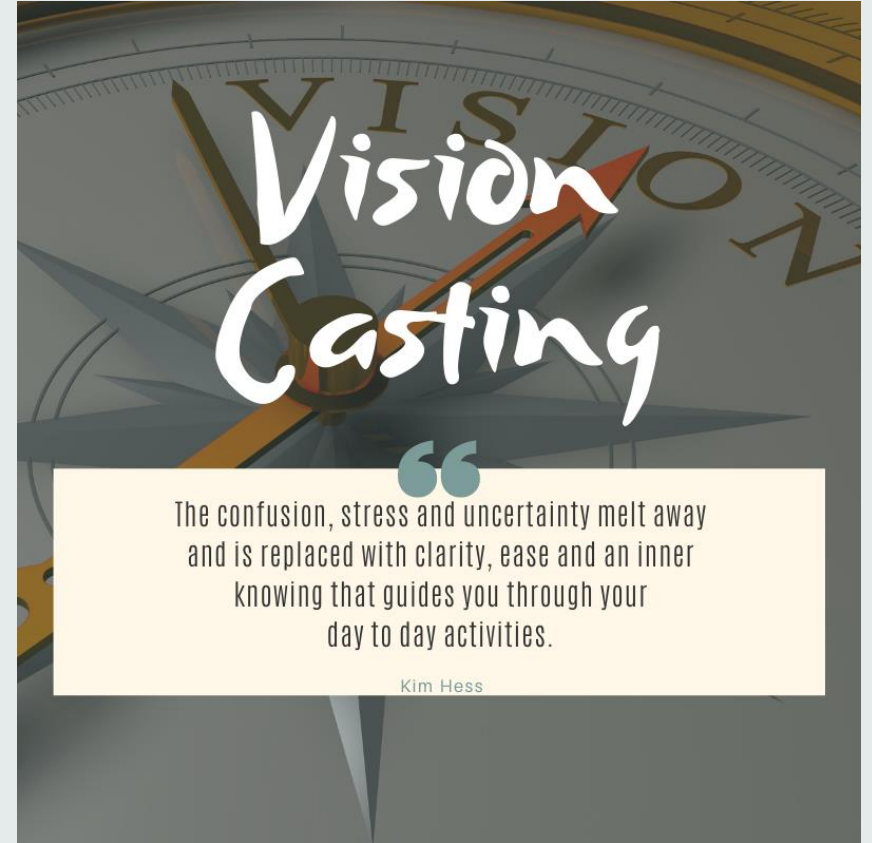
But wait

The G-Word = GOAL

**NO GOALS, NO INSPIRATION
NO INSPIRATION, NO ACTION
NO ACTION, NO DESTINATION**

Goals Vision Casting

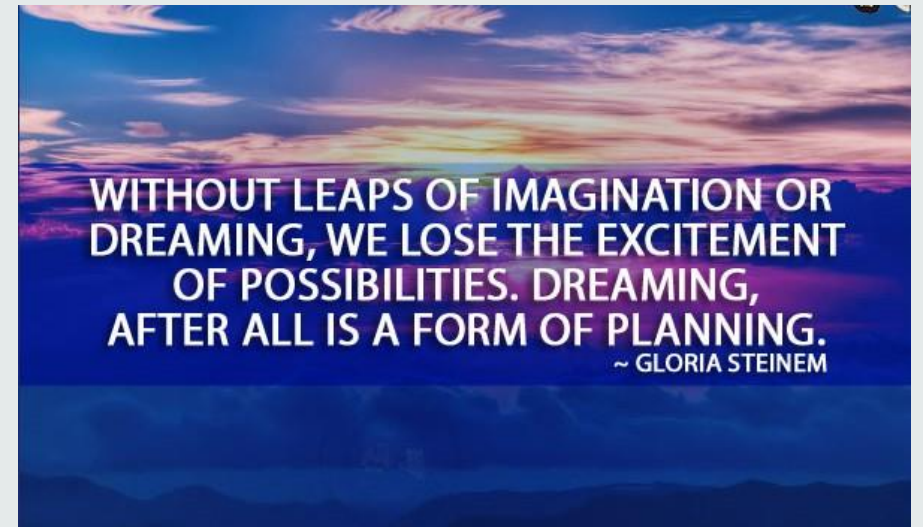
1) Think of it as your 'vision'



Goals Vision Casting

2) Dream - Thinking about the future:

- helps us make better decisions
- **motivates** us to achieve our goals
- Improves psychological well-being
- Helps us keep moving forward joyfully



~~Goals~~ Vision Casting

- 3) **Be realistic** - If we don't achieve our goals, it's *not* because we're failures, but instead for some of these reasons:
- Set too many goals
 - Set goals that are too big
 - Set unrealistic/overly aggressive time-lines
 - Don't understand how to set them

~~Goals~~ Vision Casting

4) Turtle steps



~~Goals~~ Vision Casting

5) Be proud of every single accomplishment!

I'm so proud of you.

– Note To Self

~~Goals~~ Vision Casting

6) Embrace Imperfection - Every time we fail:

- We gain new skills
- We gain confidence
- We learn something about ourselves

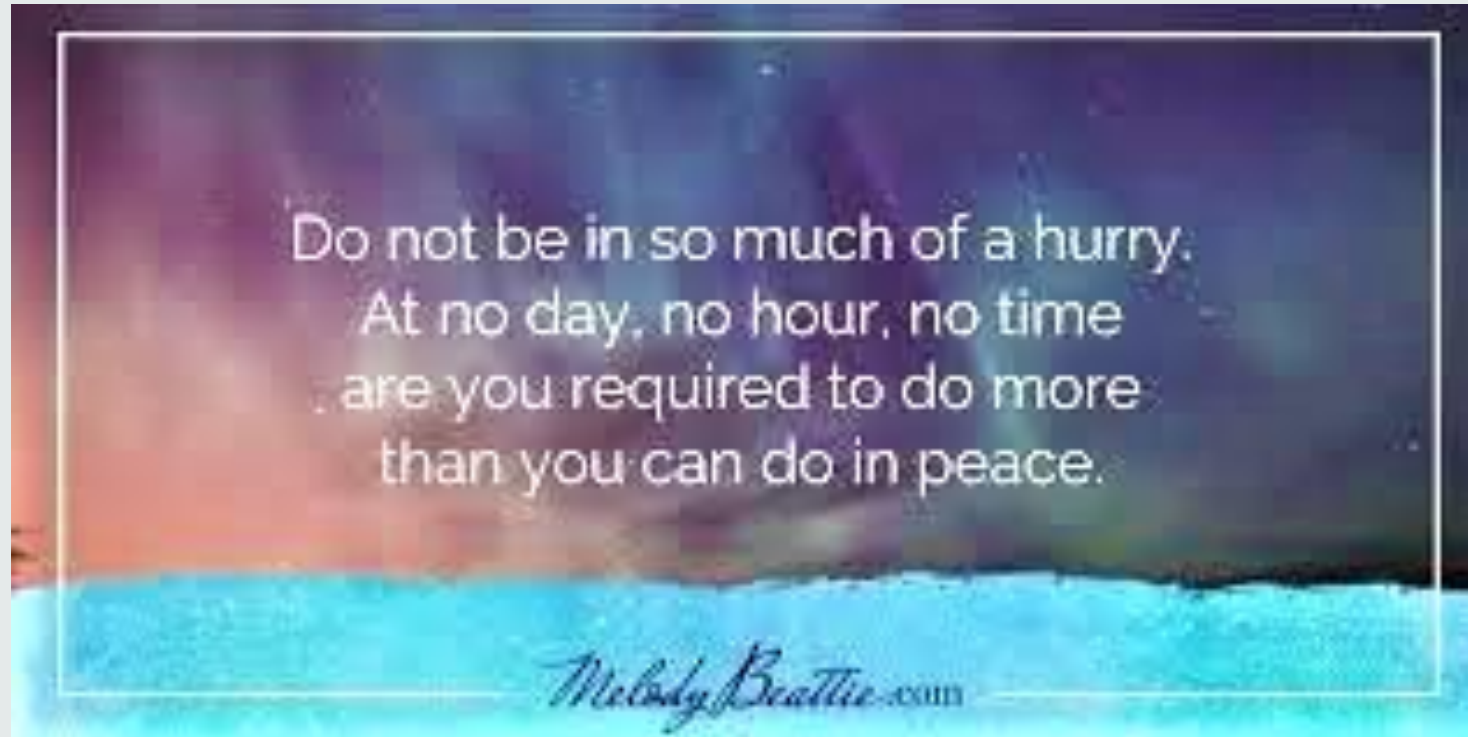
flawsome

[flɒsəm] **adjective**

an individual who embraces their "flaws" and knows are awesome regardless.

~~Goals~~ Vision Casting

7) Whatever you do, do it in peace



Break it down

- Big tasks are often difficult to handle in one go.
- Some of them require 3-4 hours or more of focus, which is unrealistic in most real-life situations.
- Large tasks & projects can:
 - Feel daunting
 - 'Hang over our heads'
 - Cause us to procrastinate



Break it down

Increase productivity by breaking big tasks into smaller fragments:

- Sections that you can complete in 20-30 minutes, even if they sound trivial.
- Focus on one small task at a time without any distractions.

This motivates us because:

- We feel a constant sense of accomplishment
- It enables the brain to focus on specific tasks at hand without jumping all over
- We can better track our progress
- It reduces stress by constantly being in control of our work.

Happiness ↔ Motivation

Relationship of happiness to motivation

- Happier people are more productive
- They make things happen
- They seek new achievements
- People are more creative when in a good mood

**“HAPPINESS LIES
IN THE JOY OF
ACHIEVEMENT AND
THE THRILL OF
CREATIVE EFFORT.”**

- Franklin D. Roosevelt

Happiness ↔ Motivation

Relationship of happiness to motivation:

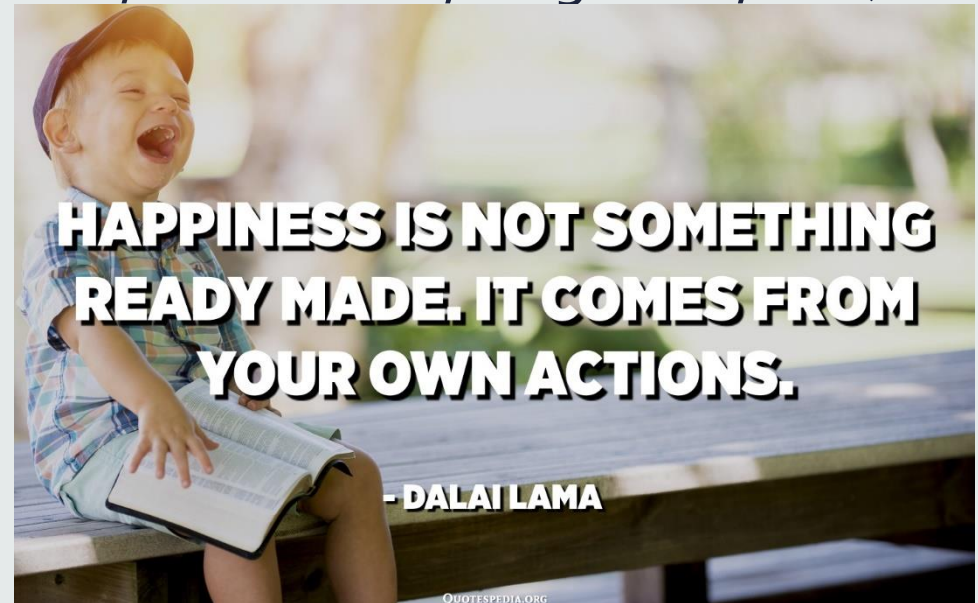
Happiness can be influenced by our thoughts, actions and lifestyle habits. We can:

- Change the ways we think and act
- Develop strategies to help restructure negative thoughts
- Focus on those things that gives us the biggest bang for our buck
- *Change 40% of our happiness level by changing our daily intentional activities*

Learn to be Happier

Global Council on Brain Health:

- Social engagement (family, friends, chorus, co-workers, neighbors, etc.)
- Avoiding self-isolation
- Having a purpose
- Helping others
- Exercising our brain
- Expressing gratitude and appreciation



Attitude of Gratitude



**IT IS NOT HAPPINESS
THAT MAKES US
GRATEFUL, BUT
GRATEFULNESS THAT
MAKES US HAPPY**

Happiness Habits


- Practicing acts of kindness
- Nurturing optimistic thinking
- Learning to forgive
- Avoiding Social Comparison
- Savoring the present moment
- Investing in relationships
- Committing to goals
- Practicing your religion and/or meditation
- Move your body / physical activity



What makes you happy?



Happiness Habits



It's OK to not feel
OK all the time

Music as a Motivator

Find your theme song!



Procrastination Buster

**THE
3-2-1
RULE**

3-2-1 Procrastination Buster

- Teaches you how to shift out of autopilot mode and allows you to take control.
- Physically moving while you count down activates your brain's prefrontal cortex. It's a form of **metacognition**, which means that it's a way of tricking your brain in order to achieve your greater goals.
- Allows you to beat your brain at its own game and distract it from the ways that it tries to sabotage you.

Get 'R Dun Ideas for Singing & Music

Remind ourselves of the benefits / end goal:

- ✓ **Maintain vocal skills** – We need to sing more frequently to keep our voices in shape!
- ✓ **Sense of accomplishment** - Feels good when we're done.
- ✓ **Improve brain power** - Stimulating your brain with new information and challenging it with memorization tasks strengthens your brain synapses and keeps our minds sharp
- ✓ **Normalcy/routine** - Psychology says that maintaining some semblance of normalcy/routine is good for our mental health. (And part of chorus routine is learning new music.)
- ✓ **Reduce stress/anxiety** – Releases endorphins that are mood-lifters, gets more oxygen in to the blood for improved circulation and reduces the stress-causing cortisol hormone.
- ✓ **Expands our repertoire** - So we are ready to perform in-person when it's safe to do so
- ✓ **To be ready** - When we hit the risers again
- ✓ **The joy of singing!**

Get 'R Dun Ideas for Singing & Music

- Commit & make yourself accountable
- Put devices away/turn off temptations (phone, tablet, TV, email, Social Media)
- Have a reward in mind
- Motivational Power Pose

Power Pose



Your Take-Aways



Recap

- Understanding of *why* our degree of motivation has been challenged and the effect it has had on our mental and physical energy levels.
- Happiness and motivation are closely intertwined / inter-dependent
- There are many things we can do, both physically and with our actions, to improve our level of motivation.
- Goals are prerequisites to being motivated
- Breaking things down into smaller tasks or activities to help us complete projects more effectively and without dread.
- We shared ideas for getting more motivated and making our own happiness, both in our musical and non-musical lives.
- Importance of accepting our failures and imperfections.





THANK YOU FOR COMING

MAY THE MOTIVATION FORCE BE WITH YOU!