

A full-page background image showing a person in a black jacket and red pants climbing a steep, light-colored rock face. The climber is positioned on the left side of the frame. In the background, there is a vast, clear blue sky and a range of jagged, snow-covered mountains. The overall scene conveys a sense of challenge and achievement.

The 5 Habits of

Maximum Motivation

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SECTION

1

The 5 Habits of Maximum Motivation



“Your first and foremost job as a leader is to take charge of your own energy, and then to help orchestrate the energy of those around you.”

- Peter Drucker

Confident. Engaged. Focused. Excited. Satisfied. Powerful. These are the feelings people report when they are in a state of maximum motivation. It's no wonder people so often seek this seemingly elusive state of mind. Unfortunately, many people search out the feeling of motivation as though they are looking for their next "fix."

While some actively pursue the feeling of motivation, others seem to wait around and hope that they will somehow, miraculously, get their "mojo" back. These folks behave as if there is not much they can do to influence their own internal drive.

If you only take one thing away from this ebook, it would be to...

Stop waiting for **motivation** to just **happen**
and
do something to encourage it!

Achievers do this. The people who are successful in creating the lives they want constantly work at creating their own energy to drive action everyday.

That's what this ebook is about. Over the next few pages, I will tell you how to stop waiting for motivation to happen and instead take actions to develop more positive and sustainable energy in your life.

What I will share with you is based on nearly two decades of observation, study, and research. This ebook was created so that you will know the five indispensable habits that, if implemented in your life, can help you cultivate the highest level of healthy motivation you are capable of creating.

I won't stop here, though. I will also provide you with the resources you need to help jump-start the necessary habits that create maximum motivation.

As you read this ebook, remember that it's imperative that you instill these behaviors into your life on a daily basis, thus making them habits and a part of how you live every single day.

You may already have some of these habits in your life. If so, great! Keep it moving and work to integrate each habit so they support and even feed off each other. Incorporating these habits every day kindles the fire of motivation in your life.



Understanding Motivation

The concept of motivation is interesting to think about or even study. It is connected with so many things we see as valuable in our life like energy, personality, character, meaning, purpose, and life satisfaction.

The concept of motivation is often misunderstood since we can be applying the concept to different instances or experiences. When you think about motivation, keep the following dichotomies in mind.

“Incorporating these **habits** every day kindles the fire of **motivation** in your **life**.”

Situational Motivation vs. General Motivation

Motivation can be based on a specific situation. **Situational motivation** is when we think about a current situation, experience or action. We then choose our internal level of motivation. Although we may not be thinking specifically about a “level”, we will be determining what kind of energy we will put forth for the situation at hand. The energy could be positive, negative, high, low, and any variation in between.

In contrast to situational motivation, there is general motivation. **General motivation** describes our overall general level of motivation that affects all life events. A person who has a higher level of general motivation is often referred to as being energetic, lively, optimistic, or ambitious.

A person with higher general motivation tends to have higher levels of situational motivation, although they are not always correlated. A person with higher general motivation who finds themselves in a situation that is of little interest and meaning may have lower situational motivation yet still maintain a high level of general motivation. Over time, the lack of situational motivation can negatively impact general motivation.



Negative Motivation vs. Positive Motivation

Negative motivation is the motivation one is feeling to avoid some kind of negative experience or punishment. Negative motivation can cause people to behave or act with high energy; however, the energy is negative and has significant side effects. An example of this is when a person is doing a job just sufficient enough to not get fired. The person will do the work, yet the work is often done grudgingly, resulting in poor quality. The person with negative motivation is disengaged with the meaning of the work, is unfocused, cares little about the job outcome, and carries negative energy that impacts others.



Positive motivation is the motivation that drives self-determined behavior and action. A person who has positive motivation is described as being full of positive energy, engaged, optimistic, focused, and happy. This motivation is derived from a person fully understanding the impact of the activity and the activity is aligned with his or her sense of meaning and thus leads to a valued outcome.

Short-term Motivation vs. Sustained Motivation

Short-term motivation is a perspective that motivation is a series of short bursts of energy and confidence. While this can be true of motivation, it is not the kind of motivation we want to pursue in our lives.

People who pursue short-term motivation are looking for the next “motivation fix.” They seek the high of the motivated feeling and feed off of it. Once it has subsided, they seek the next high. Some look to motivational speaker events or recordings, books, energetic people to be around, and some may even use drugs to falsely create this feeling.

There is certainly nothing wrong with listening to a motivational speaker, reading motivational books, or being with people who motivate you; the problem occurs when we rely only on these external experiences to get a boost in our motivation and energy.

In contrast, **sustained motivation** is energy that is more stable over time and is less intense at its high and low points. Someone who has sustained motivation does not live on a motivational roller-coaster.

“... you can increase your overall general **motivation**, keep that motivation **positive**, and sustain your **natural** motivation over a long period of **time**.”

We can't always have high motivation. Our bodies, endocrine system and brain are designed to modulate - allowing for positive stress and time for recovery. This means there are times when we will be more highly motivated and times when our motivation is moderate.

This ebook is intended to help you cultivate sustained, positive motivation in your life. While it is difficult to have high levels of motivation all the time, you can increase your overall general motivation, keep that motivation positive, and sustain your natural motivation over a long period of time. I will show you how.

SECTION

2

The 5 Habits

HABIT #1: Reflecting on Your Purpose

HABIT #2: Maintaining Physical Health

HABIT #3: Positive Thinking

HABIT #4: Daily Development

HABIT #5: Cultivating Connection

Habit #1 Reflection on Your Purpose



However cliché this first habit seems, it is the bedrock for maximum motivation in your life. A purpose comes from deep within you and is tied to both your passion and your life meaning.

Without a clear purpose, you are left only wondering. You don't have a focus for your behavior and your goals may not stay aligned with the ultimate outcomes you want for your life. Those without purpose change their goals often and are motivated by surface - or undefined - short-term rewards rather than intrinsic, fulfilling rewards.

Many people feel they have some kind of purpose; however, their purpose is not clearly defined or focused. It often sounds something like, "I want to be a good person, raise good kids, and help my friends and family live happy lives."

While this is great, it lacks the passion and focus that drives a person's daily action and energy.

So how do you create a clear purpose? Here are a few questions to consider. Take a moment to read each and write your response in the space provided.

■ What is most important to you in life?

■ What do you want your legacy to be?

■ What impact do you want to make?

■ What skills, abilities, or gifts do you have that you could use to help others?

■ What activities do you enjoy doing the most?

■ What “cause” in the world do you feel most drawn toward?

■ What do you want to advocate?

■ What do you enjoy learning about?

■ What do you like to teach or tell others about?

■ What do you feel most passionate about?

Living with Purpose is about 5 core elements:

- Knowing and living your values
- Creating meaning in your activities (work and life)
- Seeking continual personal understanding
- Life planning and continual goal setting
- Leaving a legacy

Each of these elements of living with purpose can create and maintain positive, sustainable motivational energy in your life.

Here are some great resources to help you reflect on your purpose:

Online:

[Create Your Personal Life Plan eBook by Michael Hyatt's](#)

[Creating Spiritual Energy](#)

[Increasing Your Spiritual Energy](#)

[Disconnect to Connect](#)

[The Dark Side of Goals](#)

[Purpose Driven Life Materials/App](#)

Books:

[Man's Search for Meaning](#)

[Purpose Driven Life](#)

[Visioneering](#)

[The Seed: Finding Purpose and Happiness in Work and Life](#)

Habit #2 Maintaining Physical Health



Numerous scientific studies have found a significant impact of a person's physical health on a person's overall energy, ability to think, level of engagement in daily activities, stress level, depression levels, and overall life satisfaction.

One of the most important components of your ability to create and sustain positive motivation is your physical health. Energy fosters more energy and low energy inhibits activity and productivity. If you are serious about creating sustained motivation, you must start with your health. Here are several ways to increase your health and wellness that will set a solid foundation for daily motivation.

Nutrition – What is in your blood determines your level of energy. The two natural components that provide energy are oxygen and glucose. Finding balance in your diet will allow you to support healthy physical energy levels, providing your body with the right amount of blood glucose and nutrients for energy. Too little of the right foods (fruits, vegetables, grains, and proteins) will leave your body out of nutritional balance and lacking optimal energy.

Exercise – While this may be something you have already heard hundreds of times in your lifetime, it can't be left out of the motivation equation. You must have consistent physical activity in your life to generate good health and physical energy. There are three components of exercise:

Aerobic – This includes any activity that gets your heart rate elevated including jogging, brisk walking, running, aerobic dance classes, or even playing sports.

Resistance – This type of exercise involves the stressing of muscles utilizing resistance. Resistance can come in the form of your own body weight, exercise machines, or free weights. Resistance training is a great way to increase your strength, lower stress, lower body weight, and increase your metabolism.

Stretching – Each of us must stretch to keep our muscles in good condition. Stretching helps us feel healthier, increases the oxygen pathways throughout our body, and is a great way to avoid injuries.

The purpose of this book is not to teach you how to exercise. I have provided some learning resources below if you would like to learn more about how exercise effectively. I highly encourage you to find a trainer who can help you get on track with consistent exercise. While you may not be exercising every day, a big part of your health is making sure you have time for recovery.

Recovery – Associated closely with exercise is recovery. While exercise is the healthy stress we put on our bodies, recovery is the healthy rest we give to our bodies. We all need physical recovery. Not too little and not too much. Here are some ways to include recovery into your daily schedule:

- Quiet time or meditation
- Adequate sleep
- Short walks
- Deep breathing
- Napping
- Relaxation
- Vacations
- Hobbies

To achieve maximum motivation, you must have your physical health in check. You can certainly have motivation without being healthy, but the healthy you brings more sustained, positive motivation that you will generate each day.

Resources to help you maintain your physical health:

Online:

[Nutrition Basics](#)

[Workout at Home](#)

[Increasing Your Physical Energy](#)

[The Human Performance Institute](#)

[Fitbit](#)

Books:

[Your are Your Own Gym: The Bible on Bodyweight Exercises](#)

[The Depression Cure: The 6-Step Program to Beat Depression without Drugs](#)

[Spark: The Revolutionary New Science of Exercise and the Brain](#)

[The Corporate Athlete](#)

[Be Excellent at Anything](#)

Habit #3 Positive Thinking



Martin Seligman of the University of Pennsylvania has conducted dozens of scientific studies related to the value of a mindset and skill set for positivity in our lives. His and other researcher's findings reveal a correlation between higher levels of positivity and the following benefits:

- Live longer
- Less Stress
- Lower depression
- Resistance to common cold
- Lower risk of cardio-vascular disease
- Better psychological health
- Life satisfaction
- Work satisfaction
- Relationship satisfaction
- Energy level
- Resiliency
- Income
- Happiness

There is a direct correlation between positive, sustained motivation and your mindset. Negative mindsets create one of two outcomes: 1) you generate high negative energy, or 2) you generate low negative energy. In contrast, a positive mindset often yields both high and positive energy.

It's no secret - negative people drain our energy and it's more enjoyable to be around those who have a positive mindset. It's not unreasonable to believe that the more positive we are, the more energy, resiliency, and life satisfaction we will have.

Here's the most interesting aspect taken from the positive psychology research: You can learn to become more positive. You don't have to be stuck in your current mindset. You can become even more positive than you are currently through certain activities.

“Most people are about as **happy** as they make up their **minds** to be.” -**Abraham Lincoln**.

A considerable amount of research has accumulated over the past decade on the topics of optimism and positivity. It is now very clear that a person's level of optimism not only impacts his/her personal life, but there is solid evidence that a person's level of optimism can actually predict his/her performance on the job. In fact, one study found that only 25% of a person's job performance was predicted by the person's intelligence level, while 75% of job performance was predicted by the person's level of optimism, social support, and ability to see stress as a challenge.

Other studies clearly show high levels of optimism and positivity supports job success, productivity, resilience, positive work relationships, and even specific job outcomes like sales volume. One of the most interesting findings is that the higher level of optimism a person has, the more receptive the person's brain becomes to learning, change, and adaptability through higher levels of dopamine.

These studies point to the fact that our ability to determine how we perceive and handle our circumstances can have a significant impact on our career achievement and our life satisfaction and happiness. We can begin building higher optimism and positivity in our lives by training our brain. Several studies have sought to understand how we can go about training ourselves to be more positive, optimistic, and resilient. These studies point to 5 key activities we can implement that can make us more positive and optimistic people.

- 1. Take time to think about 3 things you are thankful for each day.**
- 2. Journal about something good that happens each day.**
- 3. Exercise.**
- 4. Daily prayer, meditation, or focused thinking.**
- 5. Do at least one act of kindness daily.**



Building upon Seligman's research, Dr. Paul Stoltz has conducted research for more than 25 years on a concept he coined "Adversity Quotient", or AQ. A person's Adversity Quotient is the capacity for how we not only manage adversity, but leverage it. Dr. Stoltz coaches people to go beyond coping with adversity to the actual harnessing of the adversity to drive your learning, personal fulfillment, and satisfaction. His research of many thousands of people all over the world reveals that people fall into three categories: The Quitters, those who quit when adversity strikes and avoids adversity at all costs; The Campers, those who seek only comfortable experiences in life by avoiding risk; And the Climbers, those who know adversity will happen, prepare themselves for it, and seek to harness adversity as a way to learn and grow stronger.

Dr. Stoltz has created a way to both measure and increase your AQ. His proven system of building AQ starts with understanding the CORE elements of AQ and then implementing the LEAD sequence that takes you on a journey of listening, establishing accountability, analyzing the evidence, and doing something to increase your chances of a positive outcome. I've personally used his methods to increase my AQ and I know many others who have done the same. You can learn more about AQ and Stoltz's development program by visiting the link in the resource list below.

Resources to help you maintain a positive mindset:

Online:

[The Adversity Quotient](#)

[Authentic Happiness](#)

Books:

[The Adversity Advantage](#)

[Learned Optimism](#)

[The Happiness Advantage: The Seven Principles of Positive Psychology](#)

[The Happiness Project](#)

Habit #4 Daily Development



Personal growth is key to our daily motivation. It's a scientific fact that our brain begins to decline after the age of 30 and we have to proactively involve ourselves in mental activity to enable continual growth. This is a great metaphor for our personal growth.

Intentional activity to mentally grow will increase our cognitive capability, creativity, and even our life satisfaction. Without mental growth and development, we cognitively decline. Maximum motivation is, in part, generated through developing yourself everyday. This doesn't have to be difficult and it doesn't have to take a lot of time. There are so many opportunities and resources available to you and I'm certain you can find some time to add some development into your routine.

Reading a book or going to a class are not the only ways to develop. There are many ways to grow and learn through less traditional means such as conversations with people, mentoring, observation, internet search, even gaming. One of the things I love to do is listen to podcasts about things I am interested in during my daily commute. You can find podcasts on just about every subject you can think of. You can find a podcast on just about any topic of interest. I've found this to be a great way to take the grind out of my daily commute and utilize my "car time" to grow and develop.

Start Here:

Get motivated by writing down what topics you would like to learn more about:

Topics I want to learn more about:

Development/Growth Ideas:

- Another language
- Networking
- Service projects/philanthropy
- A new skill/profession
- Mentoring
- Teaching
- Management/Leadership
- History
- Psychology
- Entrepreneurship
- Hobbies
- Biographies/Autobiographies

Development Platforms: Here are some of the ways you can go about learning. Most of these are flexible and great for hectic schedules.

- Utilize audio books (see resources below)
- Watch a documentary
- Read a book or even a section of a book
- Listen to positive and informative radio shows
- Search the Internet for credible information
- Podcasts - Listen in your car on the way to work or wherever you may be headed. Use your commute time for development time!!
- Don't forget about your local library – It's free and they have numerous books, magazines, audio books, and DVDs.

Here are some resources to help you practice the daily habit of development:

Online Resources:

[Learn about podcasts](#)

[Apps for Podcasts](#)

[Stitcher Podcaster and Radio](#)

[Lynda.com – Video Tutorials to learn technical skills for free](#)

[Audible- Downloadable Audio Books](#)

[Soundview - Executive Book Summaries](#)

Books:

[The 15 Laws of Growth](#)

[The Progress Principle](#)

[Change Anything: The New Science of Personal Success](#)

Habit #5 Cultivating Connection



Your environment, especially the people you associate with regularly, has a large impact on your level of motivation. If you are with people who drain your energy, expect to have minimum levels of motivation. In contrast, if you are around people who fill you with energy, you are positioned to maximize your motivation. The people around you - whether family, friends, co-workers, or neighbors - can either support or hinder your motivation.

There are many studies that show the correlation between the kinds of people you choose to associate with (educated, friendly, successful, open-minded, and healthy) and how you live your life. If you want to be healthy, choose to be with people who are healthy and make healthy choices. If you want to make more money, choose to be around people who are making smart choices with their money or people who make more money than you do. Who you choose to spend time with greatly influences your energy and motivation.

It's important to understand that when I talk about community, I'm not talking about just any group of people who make you feel good. I'm talking about a group of people who are passionate about the same things you are, who share the same values, and who can help and challenge you to grow and develop as a person.

Here are 3 things to consider when creating a community that supports your drive and motivation:

1. **Supportive** – You want people around you who believe in your ability and who encourage you to be your best. Refuse to be around people who are jealous, sarcastic, or negative. These people do nothing but pull you down. The people you surround yourself with should be people that have similar life values and interests. You want to be with people who motivate you by their own positivity and presence.
2. **Challenging** – Your community should also be one that doesn't allow you to be complacent, but challenges you to think better, be better, and do better. You want a community that has a backbone and will not just support and challenge you, but also have the guts to give you honest feedback. Likewise, each person in your community should be open to you helping, supporting, and holding them accountable as well.
3. **Passionate** – It is important to cultivate a community of people who are passionate about the same things you are. When you get people together who have similar passions, you often find people with similar values and goals. People with these similarities naturally interact with ease. They ask each other questions, share ideas, and collaborate while providing helpful feedback.

Finding Your Community:

Finding a community to be a part of is not always easy. Take your time to find and integrate yourself with the right people. If you believe you already have a community, continue to cultivate this group of people to enable the three characteristics mentioned above. Here are a few ideas for those who are seeking a community:

- Join a local professional association
- Start a local professional association
- Join [LinkedIn](#) groups in an area of interest
- Join a Google Circle in an area of interest
- Follow people on [Twitter](#) who have the same interest
- Start a breakfast club and invite people that have similar passions and interests
- Look for “Meet-Ups” in your city related to your interests

Resources to help you cultivate connection:

Online:

[Building Emotional Energy with the People Around You](#)

[Linkedin.com](#)

[MeetUp.com](#)

Books:

[Never Eat Alone](#)

[The Speed of Trust](#)

[Networking for People Who Hate Networking](#)

[The 29% Solution](#)

SECTION

3 | Putting It Together



*Purpose + Energy + Positivity + Development + Community
= Maximum Motivation*

We all make choices each day about how we will respond to the events in our lives, how we will live, and the actions we will take. If you seek to have sustained, positive motivation that can drive optimal focus, energy, confidence, and engagement, the formula I provide can lead you on this journey.

$$\text{Purpose} + \text{Energy} + \text{Positivity} + \text{Development} + \text{Community} \\ = \text{Maximum Motivation}$$

This is a starting point for understanding and unleashing daily motivation. Motivation science has revealed many interesting insights about our internal drives that can help you understand your own motivational levels. This understanding can help you put yourself in situations that cultivate your greatest levels of energy, satisfaction, and fulfillment.

I encourage you to read my [blog](#) to learn more about these drives and how you can use them to better understand yourself and the people you live with, work with, and influence.

You have the ability to cultivate motivation in your life. Don't think someone will give it to you. Don't wait for it to happen. Activate it in your life. Unleash it by creating habits that foster vitality, energy, and health. I wish you all the best in your journey.



THANK YOU for reading this ebook. I hope it will be helpful to you as you strive to live your life with intention and passion. If you would like to share this ebook with someone just send them a link to www.DrJasonJones.com/5habits

Finally, if you are a manager, leader, or business owner, you may want to read my book [*28 Days to a Motivated Team*](#).

This book will help you increase your ability to motivate and inspire your employees. To learn more about the book click on the book image below.

