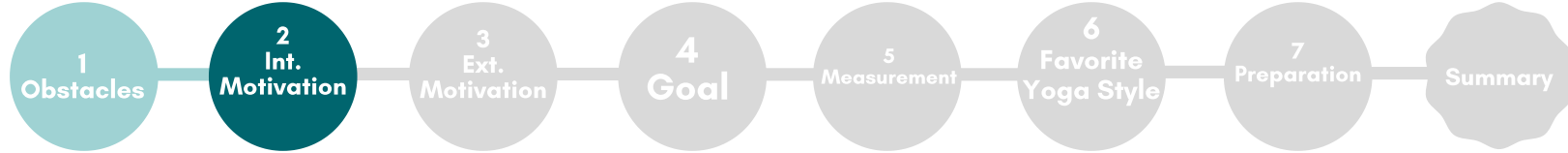


DAY 2. WHAT MOTIVATES ME? INTERNAL MOTIVATION



Advertising, articles and television offer us many options on how we can practice yoga and what goals we could achieve (weight loss, muscle development, flexibility, strength, relaxation, etc.).

But before you start blindly following suggestions, it is worth understanding why YOU want to do it.

This perception allows you to enjoy the activity and achieve the goal.

If we start practicing yoga because of fashion, friends, trends, other people's needs, we won't benefit personally and it's very likely the motivation will end very quickly.

It is important to know what really motivates you, because it can help on particularly difficult days when you are stressed or tired or busy.



Motivations to practice yoga can be:

- ▲ Feeling better
- ▲ Relaxation
- ▲ Stronger body
- ▲ Flexibility
- ▲ Better mental productivity
- ▲ Vivacity
- ▲ Finer shape
- ▲ More energy
- ▲ Ability to overcome challenges
- ▲ Tracking and improving one's own progress
- ▲ Anxiety reduction / endorphin production

Internal motivation is what comes from within us when we want to improve health, increase energy, improve personal achievements, etc.

Motivation comes and goes. It's a completely normal thing. But internal motivation is a foundation. It is really strong, lasts much longer and helps us to be more consistent.

When you do something easily in your life without much apparent and even automatically, it is likely that these actions are driven by internal motivation. Think about brushing your teeth or having a shower – you have powerful internal motivations for doing these things regularly. You see the value without having to question it.



This kind of internal motivation and satisfaction is very strong and often determines our actions, not only in yoga practice but in our entire lives.

The problem is that sometimes we don't know why we do (or don't do) something. Completely unconscious action does not lead to the results we want and can sometimes even worsen the situation.

Can you imagine the feeling that you are enjoying your yoga session? That you are looking forward to your next class? And that you feel great after every practice? Internal motivation can provide all of this.

WHAT MOTIVATES ME?

Ask yourself:

Why am I doing this?

What does this physical activity give me?

How do I feel about doing this?

Awareness and asking the right questions will help you find the right answer.



TASK 1. ANALYSIS OF YOGA EXPERIENCE

The purpose of this exercise is to find out how you really feel when you practice yoga. These feelings can be a really good indicator of motivation. Imagine or remember the last good yoga practice experience. Choose the one that's most pleasant to you. Then answer the questions.

How you feel when practicing yoga

"When you imagine/remember yourself practicing yoga, what thoughts come to mind first?"

Try to get a sense of what this might be about? For example, do you enjoy practicing yoga, or you find it difficult? Do you feel that you can overcome new challenges while practicing yoga, or are too weak to do so? Do you feel that you are strengthening your body or that you are not doing enough?

EXAMPLE

Positive Experience

I feel the body getting stronger

Negative Experience

I feel difficulty performing asanas



TASK 1. ANALYSIS OF YOGA EXPERIENCE

How you feel after yoga practice

"For example, do you feel more energy after completing your class, or do you feel exhausted? Do you feel calmer, relaxed, or not? Maybe you feel your brain is working productively or vice versa?"

EXAMPLE

Positive Experience

Good mood

Negative Experience

I couldn't concentrate



TASK 2. EVALUATION OF ANSWERS

The purpose of this exercise is to understand your motivation.

You have listed the positive and negative experiences in the table because it is perfectly normal to feel both. A positive experience is what motivates you to practice, which is why you will want to practice more often.

A negative experience is a great indicator of what you need to change. Maybe it's too difficult to do some asanas for you? Maybe it creates excessively high expectations and demands on yourself. Use this column as a set of tasks that you should solve in order to minimize negative experiences.

Evaluation

- 1) Review your experience again, you will notice that they will probably be related to each other. Maybe all experiences will be related to one of the topics: health, beauty, weight, productivity, security, etc. Notice which category your experiences fall into. This will be your most important foundation (motive) – why you want to practice yoga.
- 2) Formulate a positive statement depending on the results.

EXAMPLE

“I want to practice yoga because I feel more relaxed and calmed after a session.”

“My main motive is relaxation.”