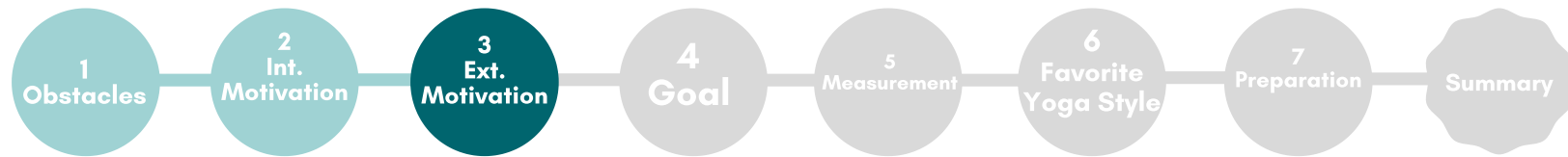


DAY 3. WHAT MOTIVATES ME? EXTERNAL MOTIVATION



External motivation is what motivates us from the outside. This is often about money, points, badges, trophies, medals or rewards.

Often, we are happy to take action if we know we will be rewarded because we finished something. That's what external motivation is about.

Some people feel a bigger need for rewards; some feel smaller. The most important thing is to figure out your personal motives, which can help you keep working out consistently.

For me internal motivation is more important. I feel it is more stable. But we all are different and external things such rewards work for a lot of people. It's a good way to stay motivated and reach goals.



Below are some examples of external motivation:

GIFTS

What would be the best gift for you after completing your weekly or monthly yoga sessions? It should be inspiring you so that you really want to finish it. For example:

- ◆ A ticket for an event or movie
- ◆ Various health or beauty treatments (massage/sauna/spa)
- ◆ Travel tickets
- ◆ A meal at a favorite restaurant or favourite food
- ◆ Clothes or any other personal item
- ◆ Time for yourself (sometimes it's hard to find that time in your routine, so it seems like a great gift to yourself)
- ◆ Courses





MONEY

You can fulfill this agreement with yourself and, after each practicing week/month, give yourself a certain amount of money to motivate yourself to move on.

COMMITMENT TO ANOTHER PERSON

You can share your goals with one person or a few. This commitment encourages you to implement your plan.

INSPIRATIONAL PEOPLE

You might find people who motivate you and whom you can follow on Instagram, Facebook or Youtube. You'll see a lot of good content (what they do, how they train, how they motivate themselves, etc) and it will help inspire you to move forward.

NEW YOGA STYLE

Trying something new can not only inspire you, but also help you to know yourself better.



YOGA EVENTS

Yoga events and festivals can provide additional motivation and awareness of techniques, breathwork, and more. Most importantly, they allow you to try out different styles and you have a great opportunity to find something new.

ACTIVE PEOPLE COMMUNITIES

Put yourself among people who are interested in the same things as you are. It really helps you to keep you motivated and going forward.

You see that there can be many and varied ways of external motivation depending on how we understand a reward.

Which item/service/event will make you feel positive? Based on these criteria, you should make a list of motivating things which are important to you.

This list will later be a good source of motivation.



TASK 1. LIST OF MOTIVATIONAL THINGS

Create your own external motivation list

My External Motivation List

Inspirational People	Write names of people who inspire you
Events and festivals	Write your favorite events you would like to attend
What kind of rewards can I give myself for achieving my goals?	Maybe you will gift yourself a book / movie / trip / spa
What friends can I commit to or invite to work out together?	Write friends who would agree to work out together

If you know other ways of external motivation, be sure to write them down as well.