



# PANDEMIC PROSPERITY #1: Motivation THREE TOOLS TO GET YOU MOVING

## WHAT IS *NOT* GETTING DONE?

@WORK

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@HOME

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### #1 MAGIC WORDS

OBLIGATIONS	INTENTIONS	REALIZATIONS
<i>I have to...</i>		
<i>I should...</i>		

### #2 PERSONALITY MOTIVATORS

"C" IMPROVER	"I" CONNECTER	"D" DOER	"S" STABILIZER
Learning	Fun	Short-term Goals	Service
Quality	Praise	Control	Collaboration
Order	Freedom	Competition	Simplicity
Justice	Novelty	Challenge	Peace
Beauty	Connection	Impact	Appreciation

### #3 SMART GOALS

SMART	Yes/No	How you will make it SMART?
<b>S</b> pecific		
<b>M</b> easurable		
<b>A</b> ctionable		
<b>R</b> easonable		
<b>T</b> ime-bound		