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## Motivation and Performance, Blog 1

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# Effort

<https://rampages.us/motivationoblogation>

Nekida Battle

The screenshot shows a blog post on a website. The header includes the site name 'Effort' and a search bar. The sidebar on the left contains a search input field, a 'RECENT POSTS' section with links to 'Setbacks', 'Too Close', 'Teamwork', 'How to get stronger', and 'Motivations', and a 'RECENT COMMENTS' section. The main content area displays the title 'SETBACKS', the date 'OCTOBER 8, 2015', and a 'LEAVE A COMMENT' link. The text of the post begins with 'This chapter really stood out for me as it incorporated the real world aspect to setting goals, when you catch yourself falling behind task/ schedule. It's nice to plan and prepare for situations/events and assume how things will unfold and carry out, but it's another monster entirely when things go off script and don't go as planned. This was an interesting read as I became ever more aware of the human existence and the animalistic nature some societies fall into over others. It's disheartening to think about the white gentleman going on lengthy excursions only to become crazy with jungle fever having their way with the African women only shortly after their

## SETBACKS

OCTOBER 8, 2015 LEAVE A COMMENT

This chapter really stood out for me as it incorporated the real world aspect to setting goals, when you catch yourself falling behind task/ schedule. It's nice to plan and prepare for situations/events and assume how things will unfold and carry out, but it's another monster entirely when things go off script and don't go as planned. This was an interesting read as I became ever more aware of the human existence and the animalistic nature some societies fall into over others. It's disheartening to think about the white gentleman going on lengthy excursions only to become crazy with jungle fever having their way with the African women only shortly after their departure from "civilization". But it brings home the point of will power being linked to self-control. Even though the Africans were a huge discovery for the white men to see, they were still human and were just people as they themselves are. This ongoing problem in America and surely worldwide is one that needs to be addressed. As hate is taught in the ignorant homes of those who are close minded to the world of variation. This illness was seen in the men as they had difficulty maintaining the empathetic ability to see a fellow human being. This lack of self-control affects one's ability to empathize with other people and surely their ability to make decisions. Better ways of dealing with setbacks will have to be for me catching them early. By being self-aware with myself hopefully I'm better able to identify when I'm slacking off and falling behind. I have had that really down week where I just wasn't in the mood, didn't have the energy and wanted to stop working. But eventually I rose out of my funk and made an attitude adjustment. Knowing there is a better way of doing things helped me keep striving to work today to make my tomorrow better. What helped me do so was to remind myself

of the feeling associated when I'm doing well/ahead of schedule not worrying and rushing to get assignments turned in. It took more effort out of me to stay on task, and I could only do what I could but I made sure I was actually doing something. It's a work in progress but by being better self-aware, and holding myself solely responsible of my own joy and happiness. I'm sure I will inch my way until I can run to my flourishing victorious finish.

**DAY 9**

## TOO CLOSE

OCTOBER 8, 2015 [LEAVE A COMMENT](#)

Those closest to us can help us reach our goals in that we interact with these people frequently throughout our day/lives. They may help us reach goals in that most of the time the people close to us know us relatively well, know our patterns, changes in mood, and are aware of our various and ongoing trials/tribulations and goals. In some ways these people may hinder us in that they know a past version of our improving selves. Which can add to ridicule critique and put downs when trying to conquer a new territory. Those close to us may also not be understanding or supportive of us, and of our intentions as we try to better ourselves by establishing goals to strive for. When we try to stretch and improve ourselves sometimes those closest try to poison and taint our newly motivated/empowered state because they haven't been successful or tried it before. But you can be the difference maker, just because no one has ever done it or can't imagine it, doesn't mean it's impossible. People closest to us have a way of placing their distorted/personal view onto how they perceive the world. We believe what we perceive. But if their thinking and intentions aren't in line with our own this can be harmful. I think it may be beneficial in using social media and telling friends about our current goals but to me it's not about them and what they think or agree with; it is all about you. People closest to use may try to contain our outlooks and goals we create in life. IN that many people make the terrible mistake of thinking one situation or person is like the other, when that's not the case. Just because my brother didn't complete college doesn't mean its ok for me to fail and drop out too. And just because it didn't work out for him it doesn't mean that it won't happen for me. So it is important that the validation, acceptance and motivation come from within so the opinions of outsiders won't deflect your efforts in any way when setting out to accomplish your goals.

**DAY 8**

## TEAMWORK

OCTOBER 8, 2015 [LEAVE A COMMENT](#)

Social loafing is a social phenomenon that occurs when there is a group/team and the individuals exert less effort when working collectively on a task, than if they were alone completing a task. Safety in numbers is always a rule to stick by, but here the herd collective mentality/physicality seems to be a disadvantage and as seen in this case. By being in a group individuals feel less compelled to lead, step up/out or to go outside of the lines of normalcy. People feel generally comfortable with others and with the group setting their individuality seems to be covered up/diminished in a way. Even though social loafing doesn't always occur it is unlikely that everyone in the group will contribute 100% of their effort as if they were completing the task

alone. This may heavily influence the bike race teams. The tryouts/drafting are certainly effected in that the team may only want members who are motivated personally and will push themselves to their optimal performance. Though more needs to be done to insure a right fit for the team as the common saying goes the chain is as weak as its' weakest link. Everyone on the team needs everyone to be a strong rider, as well as fit mentally and physically to finish the competition to the best of their ability. So in the drafting process surely the "followers", those who depend on others, and those who give only a portion of their effort would have to be weeded out and eliminated from the group. Social loafing usually happens when team members have vague or difficult to track task, making it all the easier to get lost in the crowd, so to speak. There is many times when the cyclist may feel fatigued and actually do need the help of their team mates to motivate them to keep pace, so maybe an integration of formations and moves can better locate the stronger riders around the weaker/slower ones. Either way in assembling the team, many factors must be weighed, and during a competition you want all riders giving their all, just as if they were completing the race by themselves.

**DAY 7**

## HOW TO GET STRONGER

OCTOBER 8, 2015 [LEAVE A COMMENT](#)

I absolutely want to strengthen my willpower muscle, especially now learning of the many various ways it can be depleted. Ways to build the power back consist of eating and sleeping properly. These are two huge areas that I need to improve on. As I just started working a new schedule at work from 2am-9am I'm living the reality of not getting enough rest at night, and I even pick up fast food often nights I work and am too tired to cook dinner at home myself. This endless back and forth is draining and plays in a loop. My reasoning becomes I can get to bed sooner and sleep if I don't have to waste time cooking it. But actually all that dining out builds up and starts to counteract my goal of saving weekly, as well as my general goal of taking good care of myself. Some methods I'm specifically wanting to use to increase my self-control for good are certainly getting my rest every night, eating healthier, being present. By getting my sleep every night I don't have to be concerned with napping throughout the day, missing class and productive daylight hours. With being well rested I can operate on full instead of the half full setting that usually leaves me totally drained of energy by midday. Eating better, making better choices about what to put in my body will help me practice better self-control. And by creating a food journal I can have a better awareness as well as r control of my meals .Also helping me keep track with what I'm saying/planning and what's actually happening. In the book it mentioned the posture exercise that was found to increase the willpower in the subjects, so certainly I will try this one myself. With practicing self-awareness which is needed in completing the posture task, once again I'm lead to conclusion that being present/being better self-aware can really help alleviate major willpower insufficiencies and fluctuations. This is important to me because my previous approach isn't working, and doesn't work, therefore I need to try something new a real solution. Willpower is something I will need and have to rely on all the days of my life, so in gaining better tools to do so will help me get closer to the stress free, joyful and prosperous life I was intended to live.

**DAY 6**

# MOTIVATIONS

OCTOBER 8, 2015 LEAVE A COMMENT

What a relief to read that there are different types and levels of motivation! In preparing to study for my courses I feel differently motivated for each one. Like the course I most enjoy the assignments don't feel like work at all but others I find I put off assignments, procrastinate and avoid.

My motivations in relation to my school work and getting good grades/ sticking with my study schedule are more controlled. Meaning that these goals take more effort to complete in that I attach rewards and punishment when completing my study guides and handing in other graded assignments on time. The goals take more personal control for me to accomplish. I usually have to be in the right frame of mind, be in the mood to read/study. I feel pressured to be an optimal student and study the material until the point of mastering the material. And this adds additional pressure to accomplishing the goals set, in that I place such high/uncomfortable standards on myself. On the other hand my goals of being thankful daily, being my best supporter and getting rest come natural and automatic to me. These goals align more directly with my ethical code that I live by daily and are integrated into my sense of self/life.

Overall I believe my goals involve the fundamental needs of autonomy, but some have inadvertently become controlled and impersonal. Trying to use my awareness as a tool in overcoming my obstacles and completing goals has definitely been beneficial to me. How simple to focus and be fully present in now, I'm better in now. I do need to refine and modify my goals in making sure they actually include relatedness and competence to give me the final edge to accomplish my goals.

I experience flow when writing poems when in nature able to be myself, and be free. While in a state of flow, I don't think, things just happen. I'm relaxed at ease but still in a heightened state of awareness, acceptance and peace. When I used to play basketball throughout middle school and into my early college years, I was able to induce myself with affirmations and relaxing music and reach a meditative, peaceful, flow-like state in order to prepare my mind and body for the game I was about to play. I believe these are flow experiences for me because at peace is my natural state, though going through the day to day up and downs do take me away momentarily, I always return to a peaceful/calm state. Being amongst nature and plants just feels right to me, its natural and from the earth. When appreciating beauty or by just being a better watcher/observer I am able to detach myself from my circumstances and be present, and go with the flow. These insights guides me in ways in making sure I incorporate time for myself to relax and be free, by writing out my thoughts/ideas in my journal as well as being able to come back to this pace so I can keep calm under pressure. With nature, I finally hear my calling of being a Biology major even after all that Chemistry I muddled through, the green stuff just makes since to me. This empowers me to develop my studying skills better in my plant classes as I have a genuine interest.

And also makes me plan for plants in my future, incorporating my knowledge eventually into the tools to get my through medical school, and eventually making my own natural /plant based skin care products.

**DAY 2**

# FINAL

SEPTEMBER 28, 2015 LEAVE A COMMENT

The bike races enabled me to be able to actually witness the human perseverance as the bikers completed long arduous routes throughout Richmond, as well as learn more about the common factor “Willpower” that makes it possible for them to do so. By seeing so many different countries ride together through the streets of Richmond was totally a sight to behold. I love when variation is all in one place, something that initially attracted me to live in Richmond and attend VCU. This course was right on time for me personally, being a transfer student whose senior year has finally arrived, I felt like my willpower was becoming depleted by the way I was handling my business. With so many things left to do and so much planning to be done it was easy to become overwhelmed by it all. In all regards, procrastinating on assignments, homework, I was seeing myself fall into old habits of my past, it takes effort to move forward, and to try to be better. By learning some great tips in the book *Willpower* believe I have been equipped with new tools to obliterate my old inefficient ways of getting things done which will now become my new habits. Feeling pressure and witnessing the nagging subconscious is definitely a hell of its own. It’s a terribly irritating feeling when the inner self /subconscious nags and tries to shake up the present self to take action only to foolishly ignore it and procrastinate as I have many times before. When the task is finally completed it always feels so foolish to have put it off. And I have come to realize that I sometimes magnify my problems and obstacles, instead of magnifying blessings and solutions. But in order for me to accomplish this goal I also had to acknowledge that my Willpower does fluctuate but I can also control this power and make it stronger. By heeding to the pointers given in *Willpower* by keeping glucose in the brain and by being rested I’m better able to sustain my power as well as its duration. Practicing something as simple as sitting up straight workouts this muscle and the effects are felt in all areas of life. Making everything that you do, such as taking care of yourself by eating healthy/working out, becoming a better student. Self-control is where willpower all stems from, where it all begins. By creating a direct action to do list will properly help me design a list as well as filing system as to how to get work done and be organized in one. I have learned through this course that I can truly accomplish my dreams and my goals. And how empowering that it all starts with strengthening my given power, for me to remove the obstacles and see my limitless opportunities.

**DAY 10**

# GOALS AND HEROS

SEPTEMBER 28, 2015 LEAVE A COMMENT

Gratitude, hope, honesty, perspective, zest, spirituality and love- Are my top 7 personality traits, which play along perfectly with identifying my way of life and my goals set to make it a better and more enjoyable one to live. My goals are to : 1) Magnify (my Creator/blessings/good things every day) 2) Getting only A’s “& B’s” in my classes 3) Operation graduation!- Study daily for my classes/stick to my academic/study plan 4) Getting proper rest daily 5) Start using my savings account! – save 25% of each paycheck 6) Being my best cheerleader and #1 friend 6)

Being organized-using my planner/writing due dates out in advance. Dr. James Berry was the most inspiring to me. I think it's a sad society that we live in that place women so second class to males. Dr. James Berry taking her life into her own hands blessed to have been privileged still to be white she was able to obtain her medical degree. I love how she still held her ground and kept her secret until death and how she fought back when the men called her effeminate, which she most certainly was in comparison to her male only peers. Being that the medical sciences of English rule began gruesome in harsh experiments carried out against Africans, it is good that for the first Caesarean birth there was a woman that at least had more of a reference as to go on, which I'm sure gave Dr. Margaret Ann Bulkley a female empowered edge of her own. Able to be compassionate and caring with her patients but still capable of taking insults with the guys, Margaret Berkley was a determined woman that made sure to set out and get what she wanted no matter the obstacle! She motivates me in seeing a fellow woman break through limits and what I'm sure people of that day thought to be impossible. She shows that the woman can be more than, and flawless at it. By keeping her true, womanly form detached from her work she demanded that she would be more, and be given an equal opportunity to succeed.

**DAY 1**

## EGO DEPLETION

SEPTEMBER 24, 2015 [LEAVE A COMMENT](#)

Hi I am Nekida and my goals are to magnify my blessings and not my problems, getting A's and B's only, being fully present in my now, and saving 25% of my paychecks. Reading about ego depletion set off all kinds of "internal bells and whistles" for me! Literally experiencing the drain of energy after completing a seemingly simple task as making decisions, initially made me think of myself as being covertly, overly dramatic. I definitely have been witness to the fluctuations of my mood or by gaining an attitude that is outside my generally calm cool and collected demeanor. There is a palpable difference between my joyful and energized self from my depleted self-reflection. Then to find out that will power is the common factor, for me was like rediscovering a forgotten innate truth. But by hearing it being broke down to a science like in Willpower was fascinating.

I experience ego depletion when completing work last minute for classes. Starting any assignment behind schedule or with no extra time for me to fully comprehend and digest the material. I also experience ego depletion after getting off from work, and again at the end of the day. After completing homework assignments/reading/ studying I experience ego depletion. Whenever I'm not rested or when I eat properly, I feel off/depleted. I don't feel like to feel as a weaker force than in actuality, I prefer when I'm with a bounce in my step full of joy and energy as my intended and nurtured state.

Why I believe I experience this depletion is because of lack of mental/physical practice of deliberately asserting my willpower. Just like others, I don't like doing what I don't want to do. But as I have transformed into a responsible adult I do things I don't want to, like going to work every morning; when it would be much more convenient for me if I was to stay home(not work) and still somehow get paid. I'm sure that at my current status I surely not wealthy enough to merely sit around and money appears, so in the meantime I just do it and go into work. I'm able to break through and summon my sleepy body out of the bed every morning only by Grace. I'm certain I need to better develop/improve /hone my skills of self-control and self-discipline.

Having a generally laid back and easy going demeanor I've never been typically associated with not having self-control but the type of self-control I'm in need of is of the ultimate self. I believe I have to change, and get in better agreement and acknowledgment of myself, my Source, and ultimately my super power- my willpower.

Ways I plan to lessen my ego depletion in so I can accomplish my goals are by getting my proper hours of rest daily, taking time out of my day to meditate- recharge/be silent/give thanks, and working in more fruit and water into my daily menu. I believe I need to strengthen my willpower and develop it as a well operating muscle, to make it strong with stamina. But when the times come to recharge by setting time aside and giving myself permission to be my best. Plans to solve my depletion is by taking better care of myself, listening more carefully to myself and my body. When I feel tired, sleep. I'm the only one that can be me and look out from my eyes, and I believe if I take care of the fundamentals, if I take care of the tool. I believe the way the machinery will work when the proper tool I engaged will be the ultimate goal, in making me to be a well calibrated success machine.

#### DAY 5

## DECISIONS, DECISIONS

SEPTEMBER 22, 2015 [LEAVE A COMMENT](#)

Hi Im Nekida Battle and my goals consist of magnifying the good things in my life, staying present, and becoming a better student studying daily and earning only As and Bs. It was not a surprise to me that making decisions could be fatiguing because I actually experience this myself. At first when I would have these feelings I thought it was because I was undisciplined and didn't think it was experienced by so many others. So in that regard it was certainly comforting that it wasn't me just being tired/undisciplined and not being able to make decisions. But in my case, after working a long day and attempting to make choices regarding the specifics of what and where I will be studying I have an initial impulse to only rest or eat, but not to make the decision to get do more work. But because my willpower is depleted, body is tired and depleted of glucose. I often find myself putting off assignments later than I intend. But the nights I get to bed early and eat throughout the day, I find my willpower is restored and I don't experience this overwhelming sensation that comes along with decision making. Better regulation and break down of the decisions to be made was a big take away from this section. In the horrific example of the hungry/cranky judge denying the men their freedom, it was clear to see that the decision maker has to be at a place where they are able to make a true sound decision. And therefore resulting in a choice and not merely a default because they're just irritated and over it. This is scary in that so much of our world/government rest on the backbone of being for the people, represented by not the people. Mainly because when other people make decisions for others they are generally detached. As referenced in the book, they do not care a great deal about the outcome of a choices they make for others, someone outside of themselves.

#### DAY 4



# NEW WAY TO- DO LIST

SEPTEMBER 21, 2015 LEAVE A COMMENT

The insights, gained from reading about the “efficient way” of creating and completing to do list, has caused me to not only re do my current to do list but, to change my “to do list” approach altogether. Simplicity and directness in the quintessential to do list referenced in Willpower are certainly points that I will incorporate into my new way of doing things. To make a real Next Action list versus to do list, will help organize my task and further lessen my anxiety that’s normally associated with overlooking a long to do list. With executing my new list I will be certain to be grounded in reality as well as specifically writing out what I want to do. This will help me approaching and ultimately achieving all of my goals, especially with remaining present, being prepared for both class/work, and studying daily.

I too can relate to the nagging subjection my subconscious can have over my conscious mind, but I have learned spiritually to understand differently than as I was taught. And to understand that my brain is my tool, and my mind tells my tool what to do, just as a hammer in my hand. The tools’ purpose is to make specific “jobs” it’s specifically designed for easier or more efficient but never to overrun and dictate the entire system. Like the replay loop that negative/unkind/unwanted/unpleasant thoughts can play and effect your current mood or outlook towards life. So for me, there had to be a full separation from the negative and self-defeating thoughts. Hearing the author echo back that the two states of mind are merely reaching out to the other, attempting to communicate with the other was astounding. Almost as to remind the distracted observer that by only putting effort and energy into the proper space, obstacles disappear and a calm peace floods in. The nagging subsides, the weight is lifted. Procrastination and not doing what I know I need to do literally has a weighted sensation personally and surely affects me. This inner tittering between an unsettled/uncomfortable state and true peace is nothing new or uncommon to the human experience. I have learned to trust myself, my instinct, my gut. My Source propels me through difficulty, strengthens me during weakness and puts me in uncomfortable growing periods only to ultimately polish, redefine me and make me better.

**DAY 3**