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## Motivation and Performance, Blog 3

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# Motivation And Performance

Motivating People to Perform One Post at a Time

<https://rampages.us/katelynb/>

Katelyn Brownlee

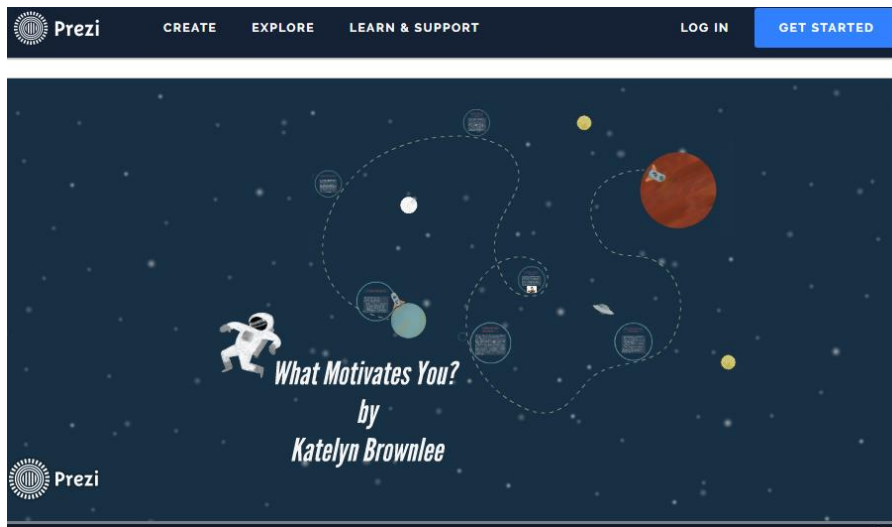


## Final Project!!

Posted by :katelynb On : October 4, 2015

**Category:** [Day10](#), [Final Project](#), [UNIV291-035](#)

I hope you all enjoyed this class as much as I did and learned more about motivation and yourselves!  
Here is the link to my final project!



<https://prezi.com/owm1epndorgi/what-motivates-you/>

# Final Project Plan

Posted by :katelynb On : September 30, 2015

**Category:** [Day10](#), [UNIV291-035](#)

Hello all, with this being the final blog post, I will once again introduce myself. My name is Katelyn and I am a sophomore Computer Science major. My first goal that I wanted to accomplish was to receive all A's and B's this semester. My second goal was to reach a total of \$1000 in my savings account.

The main points that I would like to include in my final project are: What exactly is motivation? How does motivation tie into completing one's goals? Factors that can either help or hurt your ability to achieve your goals? What fuels one to achieve a goal? And ways you can train yourself to be motivated, thus increasing the likelihood of completing your goals.

I believe that throughout this course, we have learned a lot about motivation and how challenging it can be at times to complete our goals. The main topics I picked were related to not only many of our blog posts but also main topics or issues that were present in the book. For example, there are many factors that can determine whether or not you will complete your goals. Factors such as the people who surround us, foods we consume, environments we live in and even our own inner competitiveness or desire to accomplish something can determine how well we perform to reach our goals.

I have decided to use a Prezi PowerPoint to display my final project. I chose a Prezi because I thought it would be the best way to inform readers and my peers of what I have learned throughout the class. It will be clear and concise but also be animated and well designed as to capture the attention of those who will read it. By using a Prezi, I hope to appropriately explain my topics neatly and briefly without too much distraction. I would also like to include pictures or videos to help demonstrate my main points.



## The Right Crowd

Posted by :katelynb On : September 27, 2015

**Category:** [Day8](#), [UNIV291-035](#)

**Tags:** [Day8](#)

Hello all. As a reminder, my name is Katelyn and I am a sophomore. My first goal is to receive all A's and B's this school year. The other goal is to have a total of \$1000 in my savings this year

I have shared my two goals with my family as well as my closest friends. My family, especially my parents, know how seriously I take my education. They are always encouraging me to give it my all and telling me how supportive they are of me. I think that my motivation to do better in school is a result of all of the support from my family. As a child, I saw how happy it made my parents when I got good grades so I wanted to get better. Eventually, I realized how imperative it was for me to get good grades so that I could excel and eventually end up in college.

With my other goal, I also think it came with the support of my parents. They are always encouraging me to spend money wisely but like most young adults my age, that can be difficult to accomplish. At first, I would have given it much thought. With no bills to pay and no monetary responsibilities, I figure my money is my own and I can spend it how I please. However, this only turns out backfire in the long run. I've learned plenty of times, the hard way, that money doesn't grow on trees and that just because you have money doesn't mean you should spend it. Though I might like to believe that I have no responsibility with my money, I have learned better from my parents. By being financially responsible, I am preparing myself for my future and learning habits that will make me more successful.

In both cases, my parents were very helpful and supportive of my goals. However, it is possible for you surround yourself with people who aren't good for your goals. Though it might be unintentional, some people might actually be keeping you from reaching your goals. If your trying to get good grades but your friends are trying to get you to go out and party every weekend, you should probably say no. Granted, it doesn't have to be every weekend but if your grades start to suffer, it's time to make some better choices. Or say if your working on trying to save money but your sibling or significant other keeps asking for expensive things, maybe you should start working on a budget. It's okay to say no or to go with a slightly cheaper option and if they can't respect that, they might not be good for you.

The big picture is to surround yourself with people who are going to push you to do better and encourage you to accomplish your goals. Don't let someone else ruin your chances to better yourself.



## A Little Friendly Competition

Posted by :katelynb On : September 26, 2015

**Category:** [Day7](#)

Hello everyone. Just as a reminder, my name is Katelyn and I am a Sophomore. The two goals that I am aiming to accomplish this year is to have all A's and B's by the end of the semester. My other goal is to have a total of \$1000 in my savings by the end of the year.

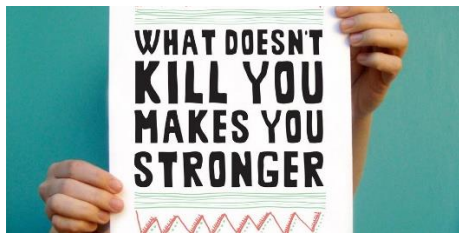
First of all, what is competition? Competition is when a group of individuals of any kind face one another with the end result being some sort of prize or satisfaction for the winner. For many, competing can be a lot of fun. The rush of adrenaline, the prospect of winning or even just engaging in a little friendly race

can be exciting. However, for others, competition is all work and no play. Perhaps they have something to prove. A brewing rivalry dating back to their youth. Or maybe it's about proving those who doubted them wrong. Regardless, there's a strict difference between friendly competition and just plain old playing dirty.

Usually, intense competition might arise between two or more people who already have a nasty competitive streak. Losing to someone might invoke what's commonly referred to as an *inferiority complex*. Once a person with a competitive nature begins to feel inadequate, he or she may start to develop an aggressive competitive streak in order to prove, not only to others but to themselves as well, that they are the elite.

I'm not saying that being competitive is a bad thing at all. In some cases, it can even be a really good trait to have. For example, with the current UCI Road World Championships. There are millions of experienced cyclist competing with their groups in hopes of winning. Hopefully, most of them have participated before and have learned proper competition etiquette. Despite this being a worldwide event, it is crucial for both the individual and the team to leave any bad habits at home. Getting a hothead when you don't win is not going to improve the situation. Neither is trying to go out of your way to sabotage to try to provoke members of another group.

It's been seen plenty of times before in sports, politics and media. When people let their competitive side take over, they can end up doing or saying things that they might come to regret later. With these bikers, though I'm sure winning would be great, I'm also sure that they know that cheating or letting their inner competitive sides go too far. As long as it's fueling them to do better and improve themselves then that sounds like a perfect example of Friendly Competition!



## What Doesn't Kill You

Posted by :katelynb On : September 25, 2015

**Category:** [Day6](#), [UNIV291-035](#)

Hello all. My name is Katelyn and I am a Sophomore Computer Science major. My two major goals that I would like to accomplish this semester is to achieve all A's and B's this semester and to have \$1000 in my savings by the end of the year. One thing I've noticed about willpower, or at least my own, is that it can be hard trying to convince myself to keep up with something. A lot of times, I don't feel like I can keep pushing on to get a goal done. The end result? The goal never gets accomplished. I want to be able to overcome this but I know it won't be easy.

In Chapter 6 of the book "Willpower", a few methods of improving ones willpower were mentioned. One method was to try and change any negative behavior. If we train ourselves not to keep giving into bad habits, we are unconsciously training ourselves to resist temptation. By doing so, we are

strengthening our willpower to perform even better the next time. One way I can apply this to my own goals is with my saving goal. If I can get out of the habit of making impulse purchases, I can cut back on unnecessary spending. I already see improvement now when I go to the store. Once I grab what I came to get, I repeatedly tell myself on the way to the register that I don't need that candy bar or that soda. It's getting a lot easier now and I don't feel like I have to try so hard all the time.

Another suggestion that the book recommends to strengthen willpower is to set smaller goals that are relative to the bigger goal. By working your way up to complete your goal with less difficult goals, things will progressively easier. I can demonstrate this with my other goal of getting A's and B's. Some smaller goals that I could set are to making sure that I finish homework every night. Another goal is to allow myself at least an hour of studying everyday for my more challenging classes. With extra studying under my belt and homework done, I think that I could eventually see myself accomplishing my goal of getting A's and B's.

To strengthen ones willpower, one must enforce their own willpower. Like a muscle in the body, the muscles of the mind must be trained and reinforced in order to be used to their maximum potential.



## Day 5: Willpower and Ego Depletion

Posted by :katelynb On : September 24, 2015

**Category:** [Uncategorized](#)

Hello, my name is Katelyn. My two goals that I am focusing on is to receive all A's and B's at the end of this semester and to have a total of \$1000 in my savings. Ego depletion is described such that our self-control as well as our willpower is a part of limited storage. In a nutshell, this means that each time we are put in a situation where we either have to restrain ourselves from behaving in a certain way or when we are in need of that extra motivation to achieve some goal, it can be used up over time.

One key component that I found that explains ego depletion was demonstrated in a book called "Willpower." The book mentions that "You use the same stock of willpower for all manner of tasks." I found this interesting because one might assume that each activity that we perform draws on a different reserve of willpower. As it would seem, this is not actually the case. Instead, your willpower is concentrated into one giant pool. Each time you draw some willpower from the pool, it is taken away and you are left with a little less than what you started with.

One situation in which I experience ego depletion frequently is at my job. Having to work customer service can be very draining especially when things become repetitive or when you deal with unruly customers. One situation that occurs frequently at my job is the repetition of guests not showing up

with proper identification. While this may not seem like a big deal, it is a part of policy and must be enforced. Having to turn people away everyday for not having proper identification can be excessively draining. Sometimes the guests are understanding and they will leave while others might stir up some commotion.

Ego depletion comes into play here when after dealing with the same issue over and over again, I have no energy to continue to deal with the same problem. All of my willpower is either gone or running dangerously low, resulting in altered behavior or poor choices. For example, I might just start letting the guest in without an ID despite policy just to avoid confrontation. Or, I might become a little annoyed and frustrated with the guest and refuse to let them in all together without negotiating terms or anything of the sort.

To solve this problem, I'll need to first of all, figure out when I think I'm going to start to sense ego depletion. To prevent ego depletion from happening, I think it would be best to look for signs of it approaching. Fluctuation in mood, sudden restlessness, fatigue, hunger. All of these can trigger the act of ego depletion. To fight it, I can make sure I'm well rested at the start of each shift. Making sure I eat before or bring a snack along is also a good way to stay focused and calm.

However, I am only human and it is expected that I might fail sometimes. If I have already begun the process of ego depletion, I can work on a few things to help pass it along. If it is a source of hunger, I could excuse myself to go and grab a bite to eat to help restore glucose and energy to the body. If I am tired, I might be able to take a small five minute nap in the break room or perhaps I can get up an walk around to get the blood flowing and give me that extra push to get through that last hour at work.



# Mentally Exhausted

Posted by :katelynb On : September 23, 2015

Category:[Uncategorized](#)

Originally, it came as a surprise to hear that making decisions can actually be fatiguing. People go throughout their entire day feeling tired or exhausted at least once, but I was under the impression that it mostly dealt with a lack of sleep. However, after reading a chapter for my course, I discovered that this might not always be the case. Studies showed that making several tough decisions for a certain amount of time could drain one's willpower just as easily as doing a strenuous physical activity. Though initially the idea seemed a bit ludicrous, the more I thought about, the more sense it made.

Think of it this way. Say your job is to pitch ideas for a new product to a company. You've been in the same meeting for hours, throwing ideas to your boss but he keeps shooting you down. As the hours roll on by, your ability to focus is diminished. You become less creative thus not being able to pitch any better ideas. Another lesson I learned whilst reading through this chapter, is that as the level of fatigue increases, our decisions aren't always the best.

An example I found interesting in the reading was one focusing on judges and their decision to grant parole to certain inmates. Most factors concerning the inmates remained constant, with the exception of the type of crime. However, though not surprisingly, each inmate was not granted parole. The deciding factor actually turned out to be the hour where the inmate would come in for their hearing. The judges' decision revolved a lot around the times the judges ate. With food in their system and glucose being produced, they were more likely to agree to release the inmates. If they were hungry or had already been through so many cases prior, then the inmates' chances of release were greatly decreased.

I can see how such a thing could be present in the situation of me trying to accomplish my goals. It might be harder to try to get all A's and B's if I've spent all day with my nose in the books. Though I might have gotten a lot of work done and studying, I would have been too tired in class the next day. It could lead me to make poor decisions like skipping class, wasting time with video games the next day or guessing on my homework instead of trying to actually solve the problems correctly.

For my goal on saving money, it could prove difficult if I'm too focused on saving. Though I want to reach my goal, I shouldn't overwhelm myself with focusing on things I can't spend money on. If I'm out with my friends at the mall, I could easily become frustrated by reprimanding myself on all the things I can't have. This could lead me to spend a lot more than I intended, thus setting me back farther from my goal.



Ultimately, the overall lesson here I believe is to not let your goals overwhelm you. Make sure you are well-rested, well-fed and in a positive mindset when you are trying to achieve your goals. It'll make them that much easier and not nearly as stressful!



## To-Do or Not To-Do: That is the Question?

Posted by :katelynb On : September 22, 2015

**Category:**[Uncategorized](#)

Many times, we've told ourselves that we have a million and one things to do. In order to get a better idea of exactly what we're dealing with, we will sometimes create a to-do list. While it might seem like a good idea at the beginning, the list can slowly become your worst nightmare. Very few people actually finish their to-do list, let alone get half or even a third of it done. With so many unexpected things popping up, it's hard to stay committed. It takes a huge deal of self-control to be able to succeed with such a daunting task.

For my course, a reading material was assigned which focuses on willpower. A particular section of this book touched basis on self control and how to tackle a to-do list. One key bit of advice I took away from the reading was to take and tackle the smaller tasks first. For example, I can relate this to my own personal goals.

My first goal which is to get all A's and B's could be the smallest of my two goals. It is ultimately easier for me to try and accomplish this goal if I break it down into a smaller set of goals on my to-do list. If the goals center around the bigger goal, it'll be easier to accomplish. If I just make sure I do all of my homework every day then that's a start as well as attending tutoring and SI sessions for classes that are a bit more challenging. Piece by piece, everything will fall into place and getting all A's and B's will become a reality rather than just a dream.

With my second goal, to have saved up \$1000 by the end of the year, I don't think I could tackle it all at once. So, I have decided to break it down into smaller segments. Each paycheck which comes twice a month, I take a third of it and place it into my savings. To-do lists can either be the best thing or your worst nightmare. The best way to tackle it is to just take everything one at a time. Don't overwhelm yourself with trying to accomplish everything at once. Also, try and make each goal on your to-do list a realistic goal and one that you can accomplish in a short amount of time.



# Motivational Flow

Posted by :katelynb On : September 21, 2015

Category:[Uncategorized](#)

When it comes to goals, I'd like to believe that they could be either autonomous or controlled. Meaning, that they could very well be a mixture of both. However, some goals could very well be one or the other depending on the individual. For example, one might not need to think about motivating themselves to study for a test. The individual automatically knows that they have a test to ensure they get the best score they can, they'll just get the studying done. On the other hand, motivation might require a bit of control to ensure that certain goals are met. If your goal is to lose weight and you're trying to cut back on junk food, you might have to throw in a lot more self control in order to resist.

For my own personal goals, I think in order to motivate myself, it would require a lot of control. To stop impulse buying, I'll have to constantly be in control of the situation and motivate myself to only spend what's necessary. To make sure I treat myself but not go overboard, I have to make sure I'm controlling myself. Also, to make sure I have the stellar grades that I am trying so hard for, I think that I will need to control myself when I start getting distracted. It is really easy for me to be distracted by social media or an intense game of Call of Duty when I'm supposed to be studying. I think control will come into play the most when deciding how much time to dedicate to everything. If I have more homework, perhaps the game can wait until tomorrow. However, if I've got little homework to do and nothing to study for, perhaps an hour or two wouldn't hurt.

Something completely new to me is what is defined as the "flow experience". While I have never heard of the term itself, I cannot deny how much sense it makes in terms of my life. Being a Computer Science major, I constantly find myself trying to troubleshoot some problem on my computer. As a child, I have always been so enamored by technology and how it works. I could play around on a computer and take hours to figure something out and not even realize it just because of how entranced I was. I don't have to think about finding the motivation to fix the problem because it's just natural. I search a few of the problems, see what concepts and programs I'm familiar with and take and dissect a problem until it is fixed.

No matter what your goals are and whether you have to force yourself to put back that candy bar or you just flow into that creative writing, go for it. As long as you've got some internal motivation bubbling inside of you, you'll accomplish exactly what your goals are and maybe more!



# Inspire to Aspire!

Posted by :katelynb On : September 19, 2015

Category:[Uncategorized](#)

Whatever it is, be it short term or long term, you'll need some inspiration to get a goal done. I have a few goals myself, both of which are long term. I'm hoping to complete them within a few months time. My first goal is to have a total of \$1000 in my savings account by the end of the year. I have a hard time trying to save money what with being in college and all. Hopefully, by budgeting, cutting back on eating out and setting aside a little bit with each paycheck, I can reach my goal by mid or late December.

Another goal I have is to make sure that I have no C's by the end of the semester. With so many distractions and other obligations such as trying to maintain a social life and work, grades tend to suffer. This semester, I would like for things to be different. This will require me to work on my productivity and discipline to ensure that I stay on top of my grades this semester. I'm hope that with enough *inspiration*, this will be an easy enough goal to accomplish.

I recently took a *Personality Assessment* that allowed me to get a glimpse at what my strongest traits are. This assessment revealed to me that my five strongest traits (in order) were: Judgement, Prudence, Honesty, Kindness, and Forgiveness. One thing I found interesting was to see how I could incorporate each of these traits into my goals.

First, is Judgement and Prudence. (They are synonyms so I figured I could combine them.) I believe that having good judgment does not only apply to how one perceives others but also how one might view a situation. If my goal is to save money then I should try to have better judgement when it comes to what I should and should not spend money on. If I need to eat, perhaps it would be better to buy groceries for the long term rather than that burger from Five Guy's for today. If I'm trying to get higher grades, better judgement calls would be helpful. Getting homework done ahead of time rather than pushing it off just because it's due a week from now would prove to be a better decision in the long run.

Next is Honesty. Being honest with saving money can be a bit difficult. It is far too easy to get discouraged when you think about how much you need to save and by when. By telling myself that I honestly don't need that pack of chips, I've saved myself some money and am now \$1.59 closer to my goal. Grades also require a lot of self-honesty. Even if I actually "don't have homework tonight", I can remind myself that I have homework due the day after or so and get it done early. The more you get done now, the less you'll have to worry about later.

Kindness is a little tricky but can still be applied to both situations. Instead of torturing myself about not being able to spend more than "X" amount of money, I can occasionally treat myself. If I manage to go without overspending for an entire week, I could treat myself to that Starbucks I've been desperately

wanting, meanwhile sticking to my budget. For my grades, I can also take a break every now and then. If I've been working hard with homework all night, I can take a few minutes to play some video games or get some creative writing done. By being kind to myself, I don't stress myself out while trying to complete my goals.

The last is Forgiveness. If I can forgive myself each time I make a mistake with my goals, it won't seem so bad afterwards. Just because I went a little bit over, doesn't mean I have to beat myself up for it. Just set a stricter goal for next week and try to figure out where I went wrong. If I don't get all the homework done on time or I don't get that A on the test, it's okay. I'll simply take the extra time to get more homework done and study harder for the next test. Mistakes simply become learning experiences. Most of the time, it's better to just "Forgive and Forget."

Ultimately, all of these aspects tie into Inspiration, the topic of the day. At least once, you will meet or read about someone who inspired you. The person right now who inspired me is a young woman, Hannah Taylor. Her story was centered around her childhood curiosity regarding homelessness. As she got older, she created her own organization that encouraged people to extend their help to the homeless. This inspired me a lot considering the location of the university I attend. There's not a day that goes by that I don't see someone who's homeless. Rarely do we think about them and how hard their lives must be. While we're cozy in our beds on a winter night, where do they go? When we're going out to eat with our friends on a Saturday night, what do they have to eat?

Thanks to Hannah, I've been inspired to help some of the homeless in my own community. In any way I can, I'll do my best to help. She's inspired me to help those less fortunate than I and I hope to be able to inspire someone one day too!