

3 Myths about Motivation

MYTH

1

IT'S ALL ABOUT
INCENTIVES

FACT

Incentives only get us so far
Intrinsic motivation is powerful
Recognition is in the eye of the receiver

MYTH

2

VISUALIZE SUCCESS
AND IT WILL HAPPEN

FACT

Positive thinking + negative thinking
= realistic optimism
Effort is (almost) everything
Picture possible obstacles and plan for them

MYTH

3

WRITE DOWN YOUR
GOALS AND SUCCESS
WILL FOLLOW

FACT

Specific goals + timelines + milestones
+ plot twists + Plan Bs + life happens
+
continuous checking in on
what success truly means

= **SUCCESS**

THE JUPE GROUP

301 Park Road | Alexandria, VA 22301 | +1 202 621 4751
rita@thejupegroup.com | ©2020 The Jupe Group, LLC

TheJupeGroup.com