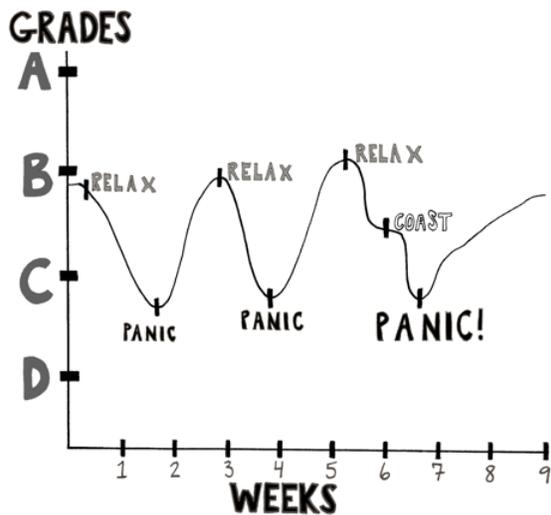


Motivation Away vs. Motivation Towards

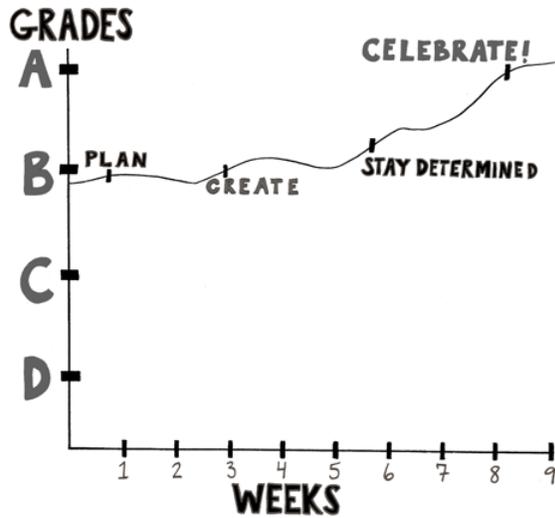
There are two primary ways to get you moving:

- 1) Moving away from what you want to avoid.
- 2) Going toward what you want to get.

The first chart is an example of being motivated AWAY from what you don't want. It could be a bad grade (which could be a D, C, or B – or even an A-) or being yelled at by your parents. Really anything that you don't want to happen serves as a good source of motivation.



The second chart is an example of being motivated toward what you do want to happen. Notice how it may be difficult to get moving at first because you are so far away from your primary source of motivation. Once you get closer to the outcome you want, you start to pick up pace because you can see how close you are and the experience of what you really want becomes more real.



In school, what's your usual balance between being motivated 'Away From' versus 'Towards'?

What areas of your life do you find yourself using an 'Away From' motivation style?

What areas of your life do you find yourself using a 'Towards' motivation style?

Source: [Academic Life Coaching EDU](http://AcademicLifeCoachingEDU)