



## Well Powered Living 3.0

### *Class 2: Achieving with Character*

#### Your Ultimate Mission

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#### Motivation

- Intrinsic - Engaging in an activity for the enjoyment of the activity itself (ex. curiosity)
- Extrinsic - Engaging in an activity for the desired outcome (ex. money)

#### What is motivating you to achieve the things you want in life?

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*People who are intrinsically motivated have increased interest, excitement, confidence, performance, persistence, creativity, vitality, self-esteem and overall well-being!*

#### Building Intrinsic Motivation

Fulfill the need for autonomy, mastery and relatedness by:

- Finding the fun.
- Letting purpose drive you.
- Exploring.
- Challenging yourself.
- Being kind.
- Helping others.
- Doing the things you love.



### Character Strengths

- **Moral** - the values that govern our relationships with others; satisfy our spiritual needs
- **Performance** - the values that govern our relationships with ourselves; satisfy our emotional and mental needs

Performance		Moral	
• Effort	• Seeking Challenges	• Love for others	• Fairness
• Perseverance	• Resiliency	• Care for others	• Generosity
• Self-discipline	• Self-control	• Kindness	• Compassion
• Constructiveness	• Ambition	• Honesty	• Loyalty to others
• Hard Work	• Adaptability	• Truthfulness	• Patience with others
• Optimism	• Resourcefulness	• Integrity	• Respect for others
• Determination	• Reliability	• Humility	• Honor
• Concentration	• Courage	• Gratefulness	
• Wisdom	• Positivity	• Justice	
• Hope	• Competitiveness		
• Love of learning	• Responsibility		
• Creativity	• Punctuality		
• Critical thinking	• Decisiveness		
• Humor	• Mental toughness		
• Confidence	• Bravery		
• Focus	• Self-compassion		
• Best energy investment	• Patience with self		
• Commitment	• Diligence		



When we meet our physical, emotional, mental and spiritual needs, we FLOURISH! We have strong engagement, accomplishment, positive emotions, meaning and positive relationships.

**Write Your Ritual**

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Example: I will do 1 thing I love every day to build intrinsic motivation.

### Writing Rituals

- Ritual - an intentional action we do with a purpose beyond the scope of the action itself
- Habit - something we do automatically without thought or intention
- Your rituals help you reach your ultimate mission. Your rituals could become habits.
- Rituals are SMART - Specific, Measureable, Achievable, Relevant and Time-bound.