

Capacity Generator: Motivational Prompts

Motivation springs from emergence of beliefs, awakenings, uncoverings, unfoldings, and insights that move us into action and experimentation with curiosity and an attitude of challenge so that we may take risks, question our unspoken narratives, and see what happens.

Purpose is born from being able to say, "I might not like what I'm going to hear, but I need to hear it and explore it."

Well-being grows from the roots of resilience—a moving *into* versus *out of or around*.

~ Kori Propst Miller, PhD

Use the following prompts to generate capacity for motivated action and emotion. Each day, pick one, and continue to allow the prompt to live through you as you proceed through your work, your responsibilities, your relationships, etc. You will behave with greater awareness, presence, purpose, energy, compassion, and consciousness!

If I acted with 5% more awareness...

If I believed in my ability to figure things out...

If I lived my life in the service of and in order to build my character...

If I disciplined myself to do what needs doing even though I may not feel like it...

If I maximized my energy by caring for myself optimally... (Sleep, nutrition, movement)

If I directed my days in a manner that supports a sense of freedom and choice...

If I expressed gratitude daily, or more frequently, to direct my attention toward abundance and appreciation...

If I attended to my choices with the understanding that *everything* has the potential to become a habit...

If I honored the differences in myself and others and between the varied parts of myself to establish an integrated and balanced whole...

If I responded to my life and its circumstances with curiosity and openness...

If I responded with kindness and compassion toward myself and others...

If I embodied the mindset of a leader and acted with love and the betterment and growth of relationships...

If I approached my life with a love of learning....

If I infused novelty into my life and chose to relish uncertainly, knowing that it produces a sense of aliveness and fresh perspectives...

If I opened to the question of my orientation to life and kept revising it as I learn more about myself...

If I invited life rather than trying to control it...

If I started asking open-ended, growth-oriented questions...

If I responded to life with resilience— being gentle when I fall, honoring the struggle, and letting go of perfectionism to allow grace and compassion...

If I behaved in ways that serve a sense of unity with my heart and soul...

If I cared about building my reputation with *myself*...

If I used the time I have to adjust the circumstances in my life or improve them in accordance with my character and values...

If I actively chose to live with understanding that there are multiple truths within everything...

If I did everything from a value-driven space...

If I acted as a warrior would, understanding that the way is the win, that I am worth this life, and practicing a sense of wonder...

If I chose to acknowledge that I am the only one who can be me...

If I shifted my approach to life from a “no, but” to a “yes, and” ...

If I welcomed energy and enthusiasm to permeate my moments, focusing on the positive, and perceiving the possibilities, especially in relationships...

If I invited life to unfold before me, without rigid expectations, and with an inquisitive spirit, with a beginner's mind...

