

Surviving

**Thriving in
Busy Season**



Welcome to Busy Season



What we're talking about today

MOTIVATION



ENERGY



HABITS

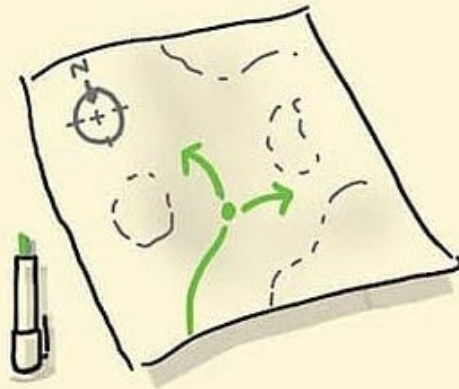


What Drives Us

The Keys to Our Motivation

AUTONOMY

In control of what we do + how we do it



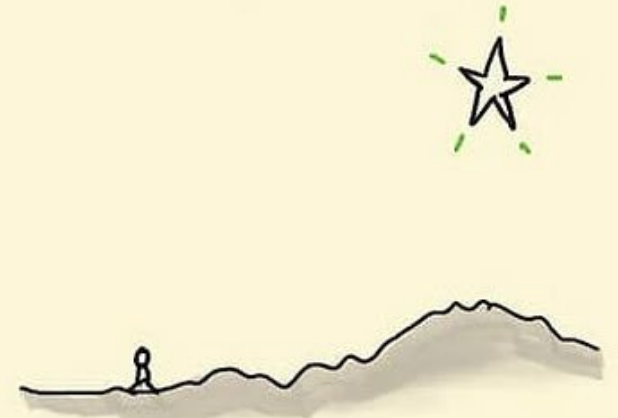
+ MASTERY

Improving our skills + selves



+ PURPOSE

Working towards something worthwhile



An evolution of motivating others

MOTIVATION 1.0



MOTIVATION 2.0



MOTIVATION 3.0

Survival—basic needs

Reward/punishment

Intrinsic motivation

Tapping into all energy sources

Sleep
Movement
Nutrition
Connection



Habits for success

1

Pick a system for organization and stick to it

2

Set up your environment for what works for you

3

When approaching overwhelm do a brain dump

4

Write what success looks like daily / weekly

5

Block separate time for execution and planning

6

Don't let the great be the enemy of the good

7

Regularly check in with yourself and act

8

Write down 1 thing to look forward to every day

9

Ask for help and help someone

10

Manage up, don't just report up