

# *Motivation, Discipline & Energy Management*



Presented by  
**Amit.Fi**



# MOTIVATION, DISCIPLINE & ENERGY – THE TRIO



MOTIVATION GETS YOU STARTED

DISCIPLINE KEEPS YOU GOING

ENERGY MAKES EVERYTHING EASIER (OR HARDER)

LEARN TO MANAGE ALL THREE, NOT JUST “FEEL  
MOTIVATED”



# *Intrinsic vs Extrinsic Motivation*



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# WHAT IS MOTIVATION?



REASON

MOTIVATION = THE REASON YOU TAKE ACTION

WITHOUT A STRONG REASON, EVEN SIMPLE TASKS  
FEEL HARD

WITH A STRONG REASON, EVEN HARD TASKS FEEL  
POSSIBLE



# INTRINSIC MOTIVATION



COMES FROM INSIDE – YOU DO IT BECAUSE YOU ENJOY IT OR VALUE IT

DRIVEN BY GROWTH, CURIOSITY, PASSION, PURPOSE

EXAMPLE: LEARNING BECAUSE YOU LOVE IT, EXERCISING BECAUSE IT FEELS GOOD

MORE STABLE AND LONG-LASTING



# EXTRINSIC MOTIVATION



COMES FROM OUTSIDE – REWARDS OR PRESSURE

DRIVEN BY MONEY, GRADES, PRAISE, STATUS, FEAR,  
OR APPROVAL

EXAMPLE: STUDYING FOR MARKS, WORKING ONLY  
FOR SALARY

USEFUL, BUT NOT ALWAYS ENOUGH FOR LONG-TERM  
GOALS



# USING BOTH TYPES OF MOTIVATION



INTRINSIC = DEEPER MEANING AND JOY

EXTRINSIC = DEADLINES, REWARDS,  
ACCOUNTABILITY

COMBINE BOTH:

- "I ENJOY LEARNING" AND "I WANT GOOD RESULTS"

BEST RESULTS COME WHEN YOUR HEART AND  
EXTERNAL REWARDS ALIGN



# *Building Discipline When Motivation Is Low*



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# MOTIVATION COMES AND GOES



YOU WON'T FEEL MOTIVATED EVERY DAY

WAITING TO "FEEL LIKE IT" KILLS PROGRESS

DISCIPLINE = DOING WHAT NEEDS TO BE DONE, EVEN  
WHEN YOU DON'T FEEL LIKE IT



# WHAT IS DISCIPLINE REALLY?



KEEPING PROMISES YOU MADE TO YOURSELF

CHOOSING LONG-TERM BENEFITS OVER SHORT-TERM COMFORT

BUILT LIKE A MUSCLE: SMALL REPS EVERY DAY



# PRACTICAL WAYS TO BUILD DISCIPLINE



MAKE TASKS SMALLER AND EASIER TO START

USE TIMEBOXING: "JUST 15 MINUTES"

REMOVE DISTRACTIONS (PHONE, NOTIFICATIONS, NOISE)

SET SIMPLE RULES: "NO SOCIAL MEDIA BEFORE 10 AM",  
"STUDY BEFORE NETFLIX"



# WHEN YOU DON'T FEEL LIKE IT



DO A MINI VERSION OF THE TASK (5–10 MINUTES)

TELL YOURSELF: “JUST START, I DON’T HAVE TO BE PERFECT”

FOCUS ON THE NEXT STEP, NOT THE WHOLE PROJECT

ACTION CREATES MOTIVATION, NOT THE OTHER WAY AROUND



# *Managing Energy: Sleep, Food, Exercise, Mind*



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# WHY ENERGY MANAGEMENT MATTERS



IT'S HARD TO BE DISCIPLINED WHEN YOU'RE EXHAUSTED

HIGH ENERGY = BETTER FOCUS, MOOD, AND WILLPOWER

TREAT YOUR BODY AND MIND LIKE YOUR MAIN TOOLS



# SLEEP & REST



AIM FOR CONSISTENT SLEEP TIME AND WAKE TIME

7–9 HOURS FOR MOST ADULTS (ADJUST TO YOUR BODY)

AVOID HEAVY SCREENS RIGHT BEFORE BED

QUALITY SLEEP = SHARPER MIND, BETTER DECISIONS



# FOOD & HYDRATION



WHAT YOU EAT AFFECTS YOUR FOCUS AND MOOD

MORE WHOLE FOODS, FRUITS, VEGETABLES, WATER

LESS JUNK, HEAVY SUGAR, AND CONSTANT SNACKING

NOTICE WHICH FOODS GIVE YOU ENERGY VS MAKE YOU SLEEPY



# MOVEMENT & EXERCISE



YOU DON'T NEED THE GYM TO MOVE YOUR BODY

WALK, STRETCH, DANCE, QUICK HOME WORKOUTS

EVEN 10–20 MINUTES CAN BOOST MOOD AND  
FOCUS

“MOVE DAILY” IS A POWERFUL ENERGY HABIT



# MENTAL & EMOTIONAL HEALTH



TAKE BREAKS – BURNOUT KILLS PROGRESS

JOURNAL, MEDITATE, OR TALK TO SOMEONE YOU TRUST

PROTECT YOUR MIND FROM CONSTANT COMPARISON & NEGATIVITY

ASK FOR PROFESSIONAL HELP IF YOU FEEL OVERWHELMED FOR A LONG TIME



# *Finding Your “Why” for Each Goal*



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# THE POWER OF “WHY”



“WHAT” IS YOUR GOAL. “WHY” IS YOUR FUEL.

A STRONG “WHY” KEEPS YOU GOING WHEN IT’S HARD

WITHOUT A “WHY”, GOALS FEEL EMPTY OR OPTIONAL



# QUESTIONS TO FIND YOUR WHY



WHY IS THIS IMPORTANT TO ME?

WHAT WILL CHANGE IN MY LIFE IF I ACHIEVE THIS?

HOW WILL I FEEL IF I DON'T DO IT?

WHO ELSE WILL BENEFIT IF I SUCCEED?



# MAKE YOUR WHY EMOTIONAL



CONNECT YOUR GOAL TO FEELINGS, NOT JUST NUMBERS

"I WANT TO FEEL CONFIDENT IN MY BODY"

"I WANT TO SUPPORT MY FAMILY BETTER"

"I WANT TO BE PROUD OF THE LIFE I CREATED"



# KEEP YOUR WHY VISIBLE



WRITE YOUR WHY ON PAPER OR YOUR PHONE

READ IT DAILY, ESPECIALLY BEFORE WORKING ON THE GOAL

USE IT WHEN YOU FEEL LIKE QUITTING

LET YOUR "WHY" BE LOUDER THAN YOUR EXCUSES



# RECAP MOTIVATION, DISCIPLINE, ENERGY



USE BOTH INTRINSIC AND EXTRINSIC MOTIVATION

RELY ON DISCIPLINE WHEN MOTIVATION IS LOW

PROTECT AND BUILD YOUR ENERGY (SLEEP, FOOD, MOVEMENT, MIND)

KNOW YOUR “WHY” – AND REMIND YOURSELF OFTEN



**THANK YOU**