

Unstuck and Unstoppable

Change Your Brain to Get Things Done

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Diane McLean, MEd, PCC
Odyssey Learning LLC
www.execskills.com

Motivation



MOTIVATION

IF A PRETTY POSTER AND A CUTE SAYING ARE ALL IT TAKES TO MOTIVATE YOU,
YOU PROBABLY HAVE A VERY EASY JOB. THE KIND ROBOTS WILL BE DOING SOON.



CHALLENGES

I EXPECTED TIMES LIKE THIS- BUT NEVER
THOUGHT THEY'D BE SO BAD, SO LONG, AND SO FREQUENT.

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IDIOCY

NEVER UNDERESTIMATE THE POWER OF STUPID PEOPLE IN LARGE GROUPS.

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So, what *is* motivation?

- ▶ Desire or willingness to do something (Oxford English Dictionary)
- ▶ A reason or reasons for acting or behaving in a particular way (Oxford English Dictionary)
- ▶ The result of a person's attempt at fulfilling five basic needs: physiological, safety, social, esteem and self-actualization. These needs can create internal pressures that can influence a person's behavior. (Maslow)
- ▶ Internal and external factors (intensity of need, reward, expectations) that stimulate desire and energy in people to be continually interested and committed to a job, role or subject, or to make an effort to attain a goal. (BusinessDictionary.com)







Executive Functions

What are Executive Functions?



- ▶ *“The executive functions are a set of processes that all have to do with managing oneself and one’s resources in order to achieve a goal.”*
(Cooper-Kahn & Dietzel, 2008.)

What are Executive Functions?

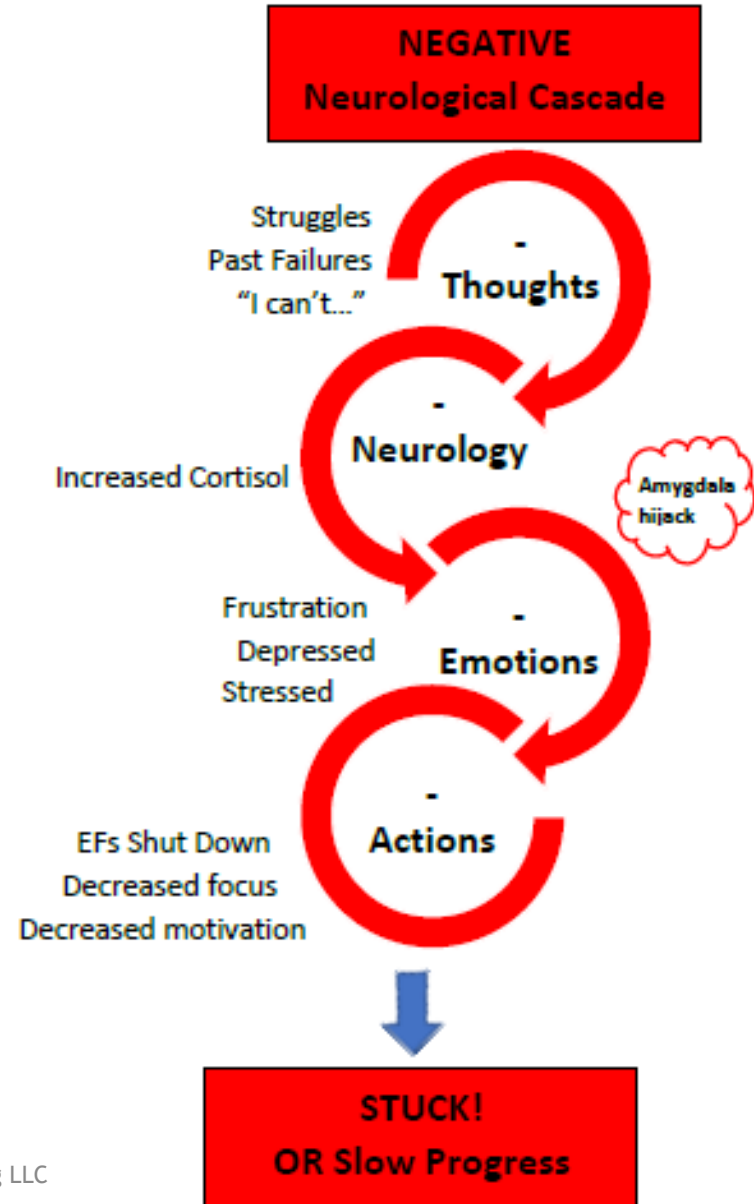
Manage Yourself **Self-Regulation**

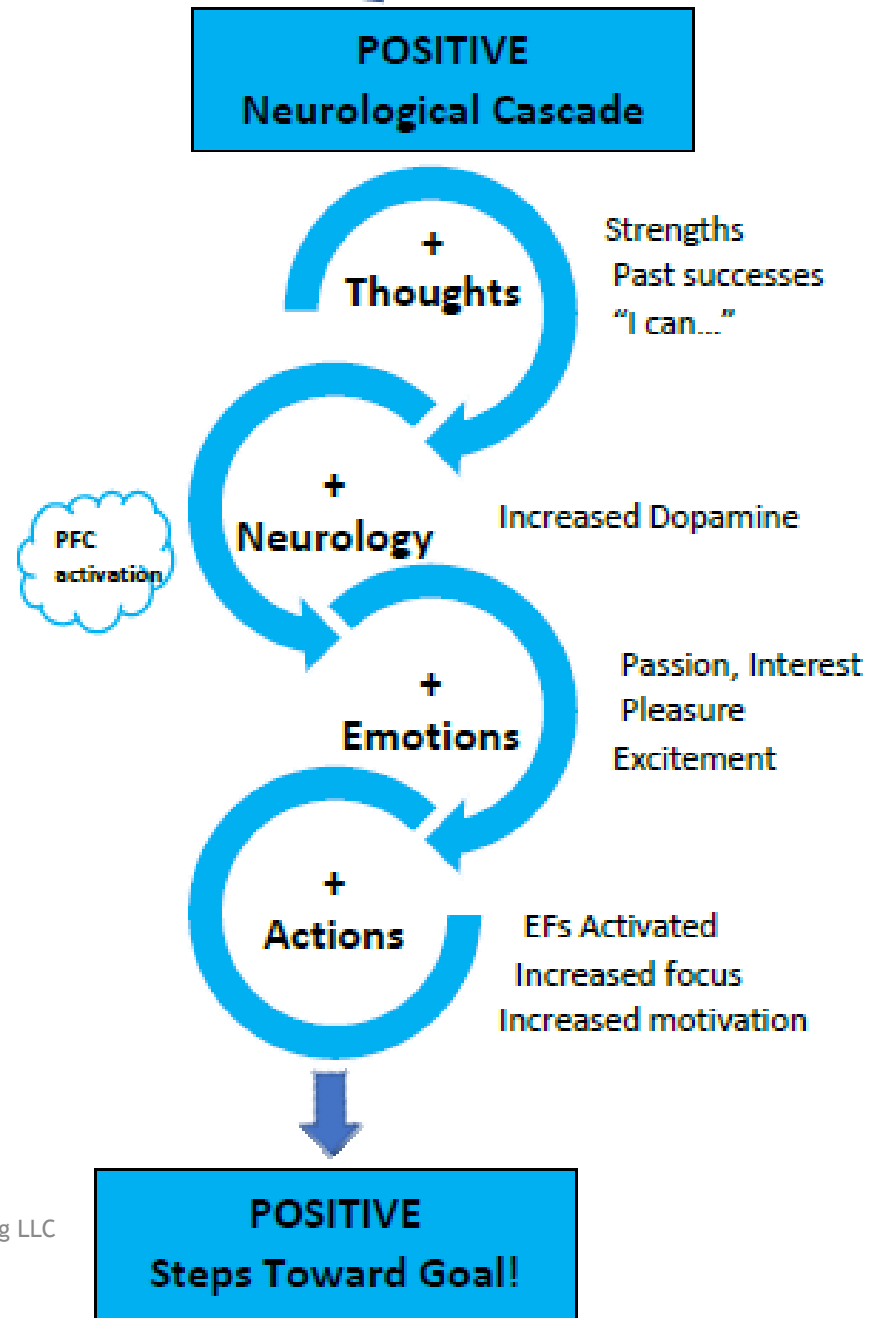
- ▶ Impulse control
- ▶ Use of “Social Filter”
- ▶ Self-monitoring social behaviors
- ▶ Tolerance
- ▶ Delay of immediate gratification
- ▶ Establishing attention & filtering attention

Manage Your Resources **Mental Control**

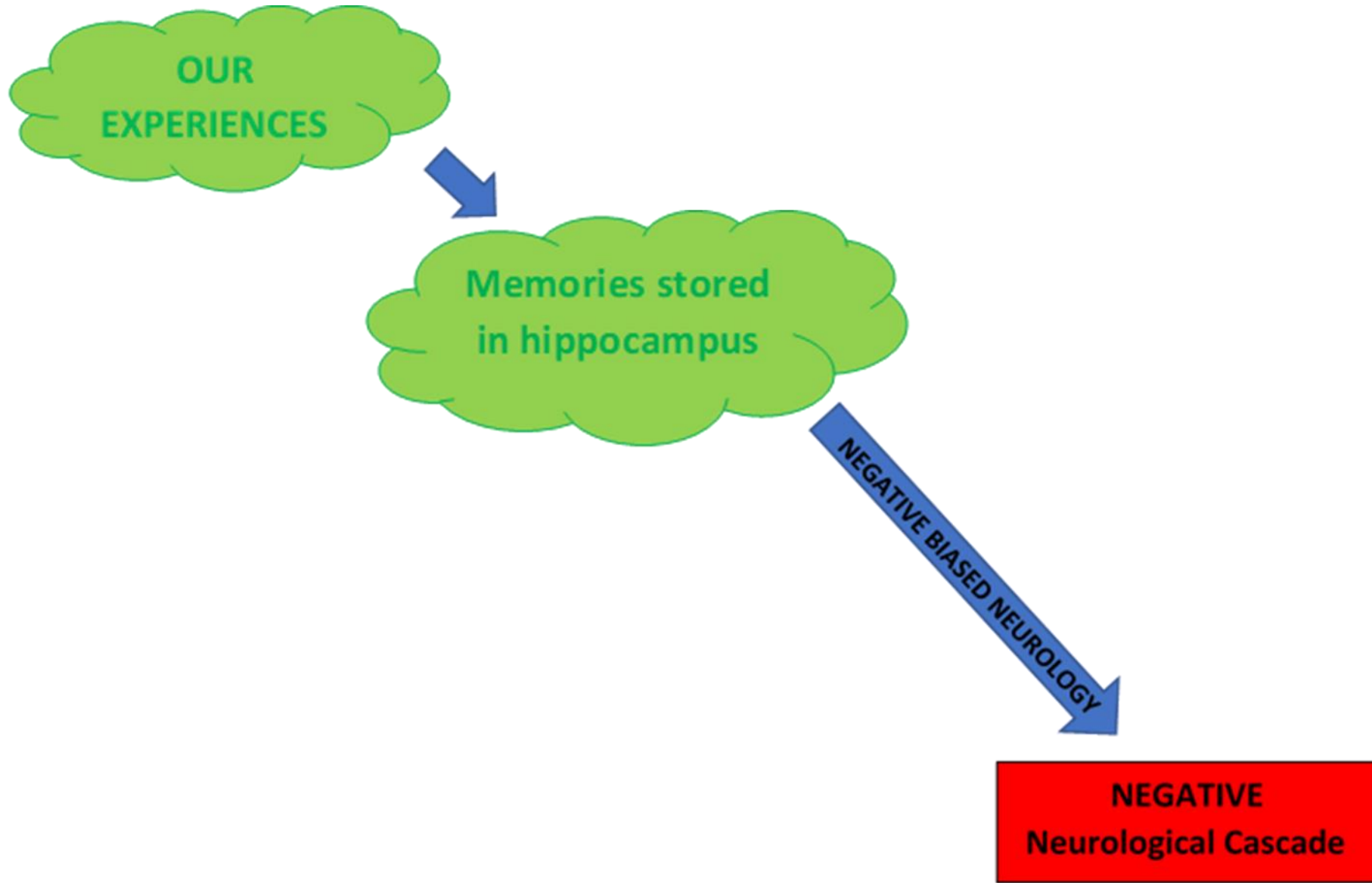
- ▶ Organizing time, materials, projects
- ▶ Prioritizing
- ▶ Attention shifting
- ▶ Risk-assessment
- ▶ Informed decision making
- ▶ Use of Verbal & Non-Verbal Working Memory

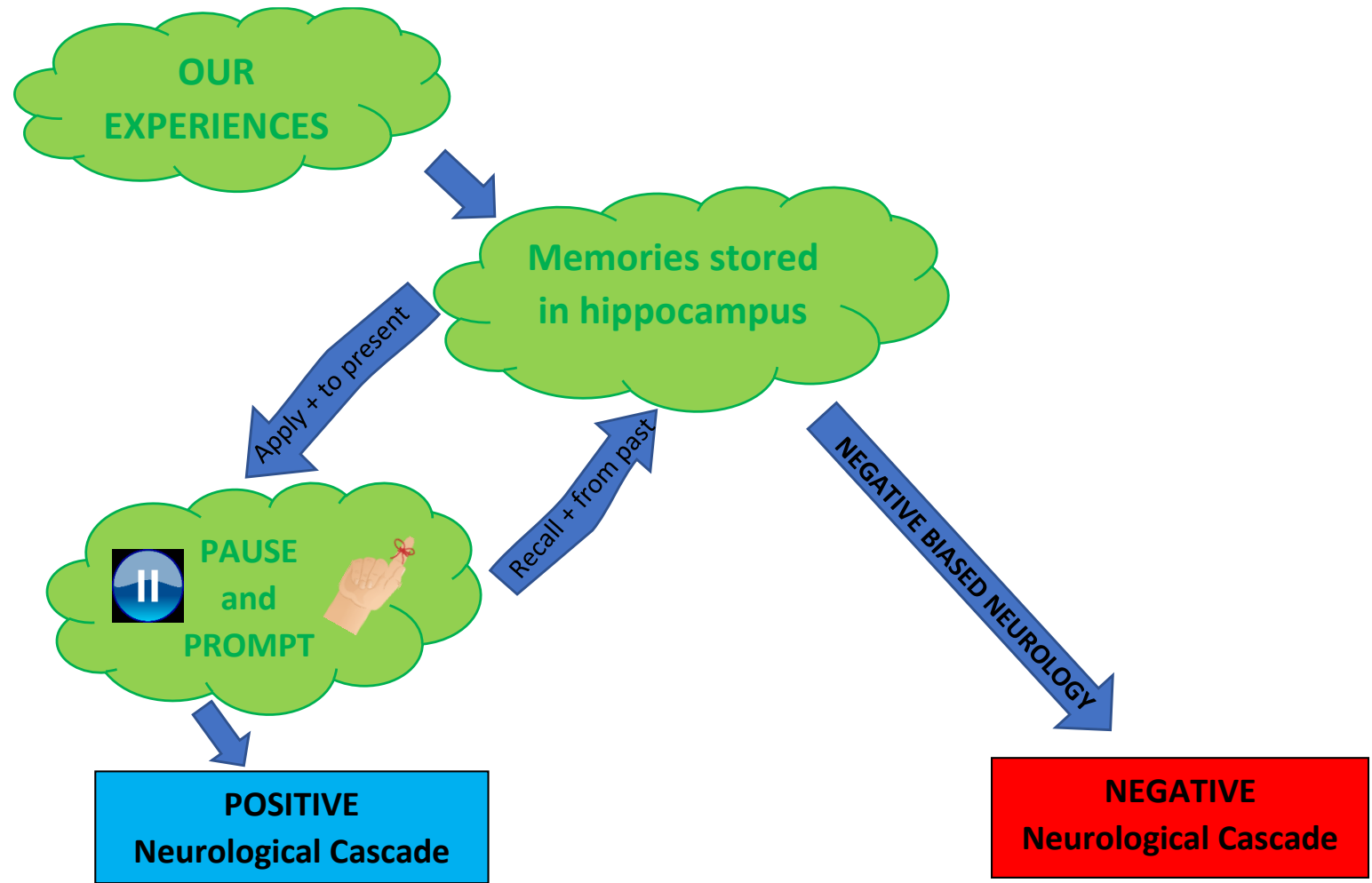
The Neurology of Stuck and Unstuck





Motivation is NOT enough to
activate executive functions.





The I Model

What do I think I should do using my strengths?
Intuition
(Auto-pilot)

Your ability to pay attention is based on a powerful interplay between interest, intention, ignition, inhibition, and intuition.

What emotions are activating my brain?

Intention
(Direction)
Who do I want to be with my strengths?

Inhibition
(Brakes)
Stop. Breathe. Make a mindful choice.

Ignition
(Start)

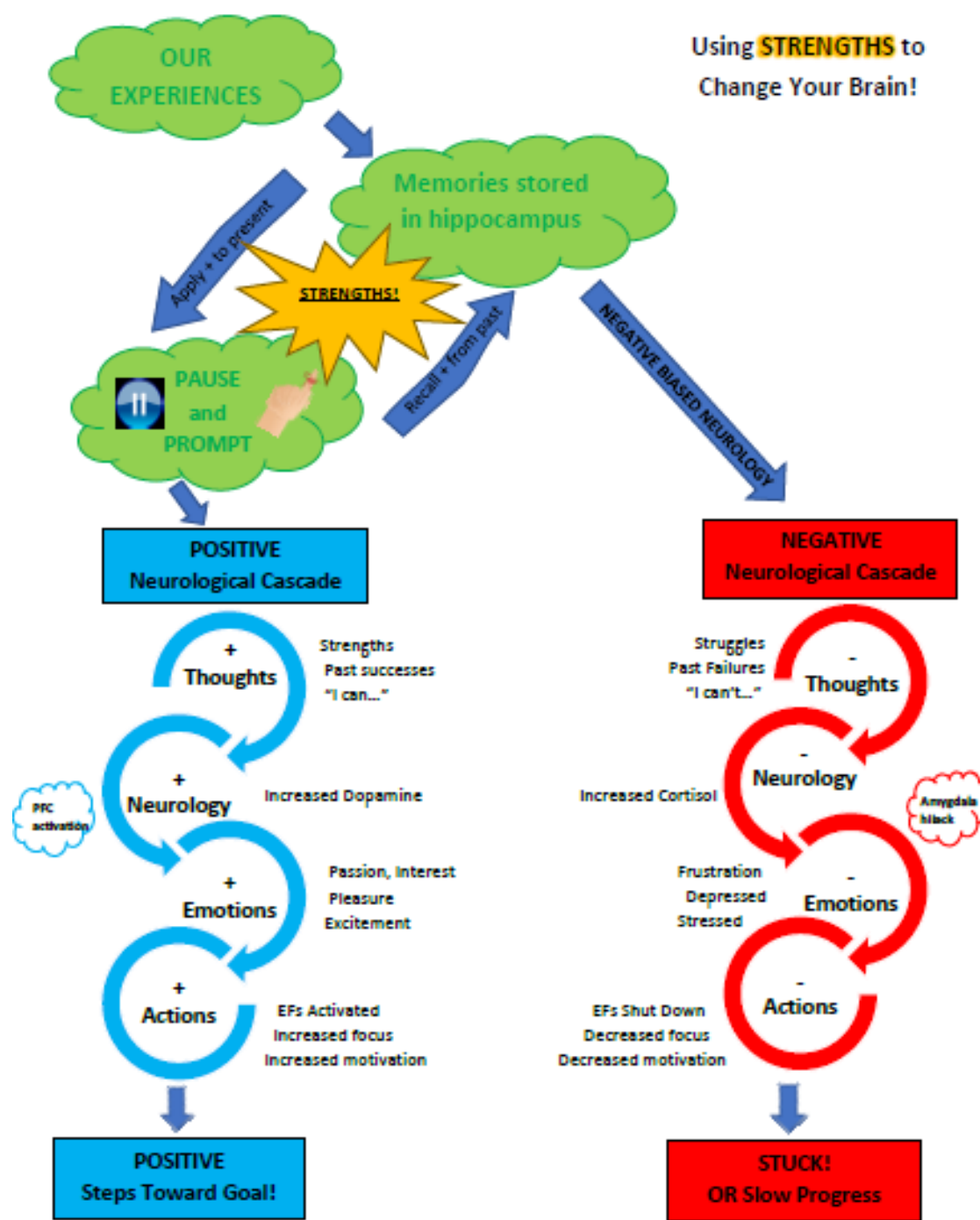
Interest
(Fuel)

ANY interest,
positive or negative

The background features abstract, overlapping geometric shapes in various shades of pink and purple, primarily concentrated on the right side of the frame. The shapes create a sense of depth and movement.

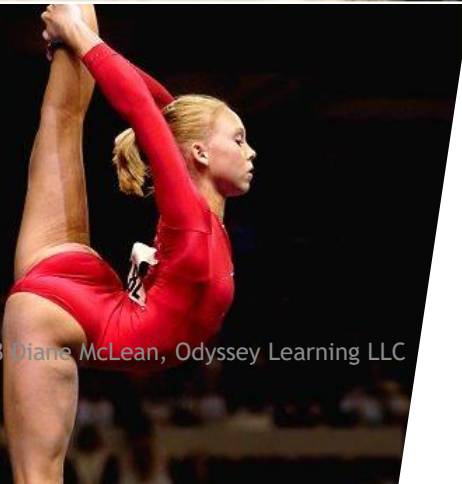
Interests are born from
STRENGTHS

Using **STRENGTHS** to
Change Your Brain!



Many Types of Strengths

- ▶ **Performance Strengths**
What are my talents,
abilities, things I do well?



Many Types of Strengths



► Character Strengths

What personality traits drive me and make me who I am?

Many Types of Strengths

► Executive Function Strengths

What are my strongest mental skills that help me get things done?



Many Types of Strengths

► Processing Modality Strengths

What are the most effective ways for me to take in and process information?

Auditory

Kinesthetic

Verbal

Emotional

Conceptual

Visual

Tactile

Intuitive

What are your strengths?

Unstoppable Rachel

CHARACTER STRENGTHS



1: Perspective 🌐

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

2: Prudence 🏛️

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

3: Judgment 🔄

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

4: Bravery 🦁

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

5: Kindness 🤝

Doing favors and good deeds for others; helping them; taking care of them.

6: Fairness ⚖️

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

7: Love of learning 📖

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

PROCESSING STRENGTHS

Auditory

Kinesthetic

Verbal

Emotional

Conceptual

Visual

Tactile

Intuitive

PERFORMANCE STRENGTHS

Verbal and written communication

Always there for friends; good listener; empathic

Connect easily with people

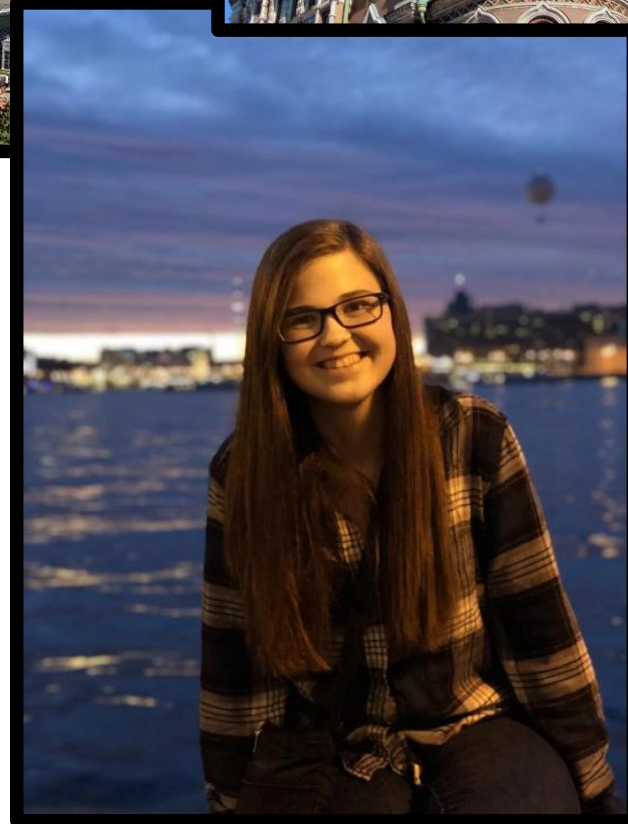
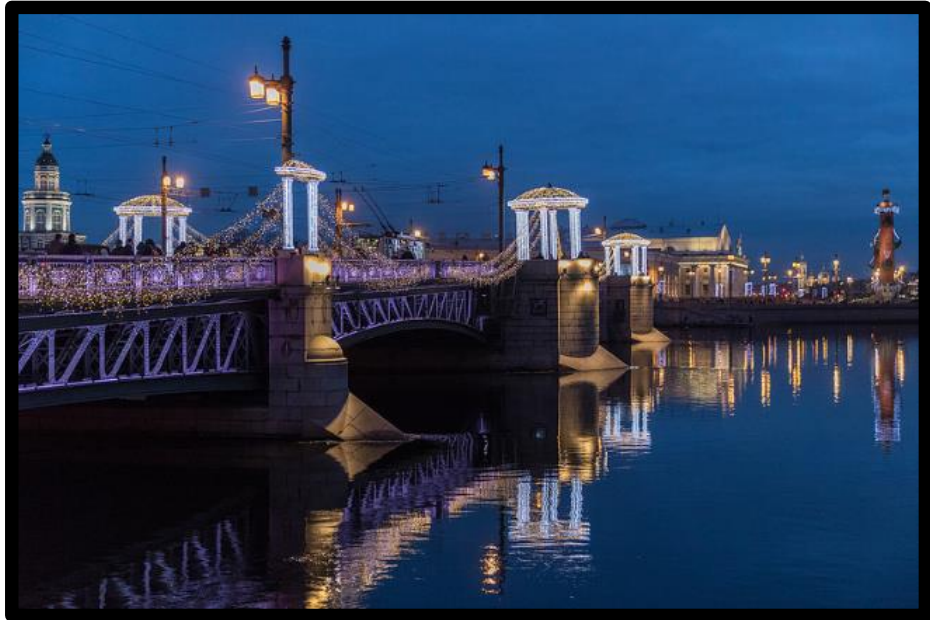
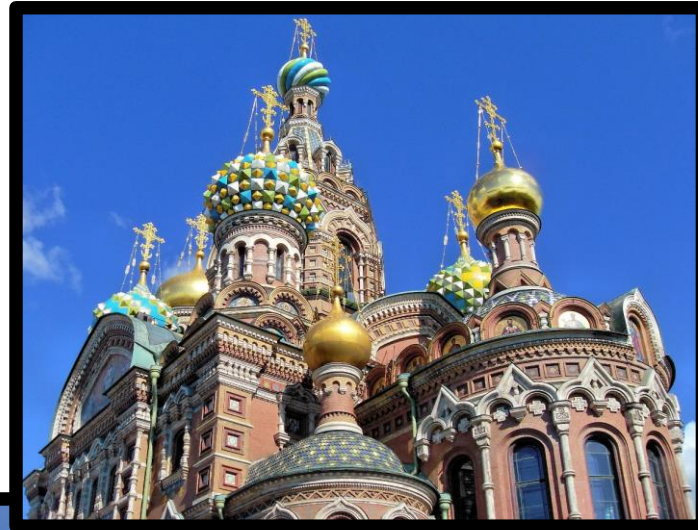
Takes initiative at work

Intelligent

EXECUTIVE FUNCTION STRENGTHS

KEY			
Items	Executive Skill	Items	Executive Skill
1-3	Response inhibition 13	4-6	Working memory 10
7-9	Emotional control 3	10-12	Sustained attention 4
13-15	Task initiation 9	16-18	Planning/prioritization 5
19-21	Organization 5	22-24	Time management 10
25-27	Flexibility 3	28-30	Metacognition 6
31-33	Goal-directed persistence 12		

Your Executive Skills Strengths	Your Executive Skills Weaknesses
<u>Resp: Inhibition</u>	<u>Flexibility</u>
<u>* Goal-directed persistence</u>	<u>Emotional Control</u>
<u>Time Mgmt</u>	<u>Planning/prioritizing</u>
<u>Working Memory</u>	



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Tool Box for Initiation

- ▶ Get very clear and write down as many strengths you can think of, looking at situations in your past where you experience success or accomplished something without getting stuck, or when you were able to get unstuck.
- ▶ Write out a plan to accomplish what you want to do using strategies that factor in not only possible struggles, but strengths to activate your brain.
- ▶ Create an anchor. Make a visual. Set an alarm.
- ▶ Pause and check your thoughts. Shift from negative to positive.
- ▶ Know your push and your pull.
- ▶ Use a “body double.”
- ▶ Give your self a GREEN LIGHT.
- ▶ Build in accountability for yourself. Get support from others.

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