

The Power in Motivation

"Motivation is an inside job"

By Terri Norvell

I have been pondering the topic of motivation lately as friends and associates have been asking 'what motivates you to cycle in the *Triple-Bypass* road race'? This question is apropos since the *Triple* is a one day, 120 mile bike ride that includes three mountain passes ranging from 10,560 to 11,990 feet elevation with a cumulative 2 mile vertical gain. Last year, after owning a road bike for all of three months, the ride took my partner and me 13 hours and 50 minutes. At that time these words came out of my mouth, 'I will never do this again, and as a matter of fact I cannot comprehend why anyone would ever put their body through this physical exhaustion!' So why am I doing it again this year? What's the motivation?

Researching motivation, I turned to Webster's Dictionary. Here's what it had this to say: motivation is a persons' motive, an impulse within, a cause that a person **feels** strongly about that compels some action. It confirmed my premise about motivation...it's ***an inside job!*** No one can motivate me, but me.

So I reflected on what compels me to cycle in the first place? The answer is simple. It serves me. I believe that most of us are motivated to do what helps us feel good or feel better. I determined my motivators for cycling include: stress reduction, mental calmness, idea generation, energy enhancement, back pain mitigation and social camaraderie. All terrific benefits! And interestingly, I am more motivated when I know what I am getting from an activity.

Back to question of 'Why am I riding the *Triple...again*'? There's a second level of motivation involved here. It's for the feeling of accomplishment. Achieving a personal challenge that was previously beyond my comprehension! Doing something that pushes me beyond my comfort zone and tests my inner strength. Deciding to ride in the *Triple* provides even more motivation to cycle and get in physical shape. My personal competitiveness provides motivation to shave an hour off of our riding time this year! My motivational prize will be...self satisfaction. And no one can give that to me, but me! It's an inside job.

Right now reflect on any personal or business activity that you choose to engage in. What's your inner drive? Because motivation is an inside job, only you can motivate you by determining what motivates you. It's an inside job!

PS. Success! We cut 5 minutes off our time from last year...13 hours 45 minutes. Darn that headwind. What a ride!