

# How I Created My Motivation Strategy or

My story telling “How I’m bringing up my brain”

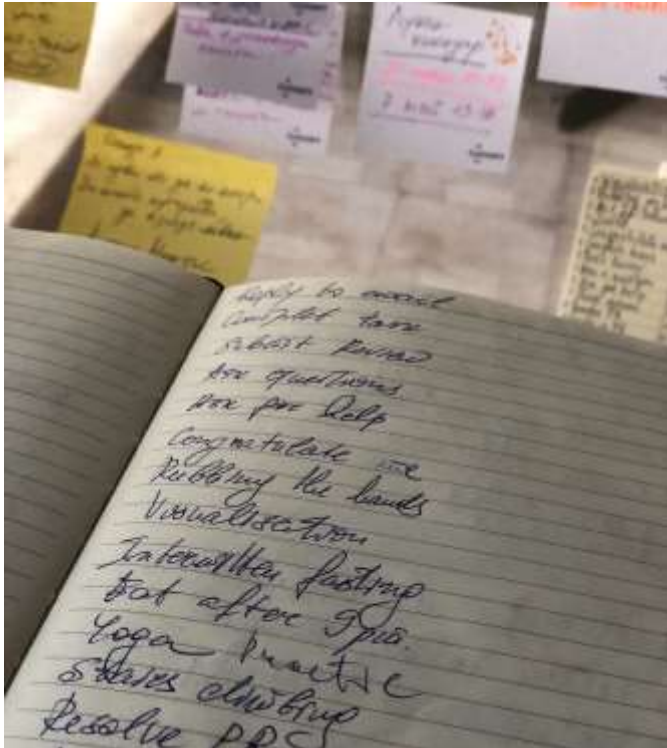
 rstankova



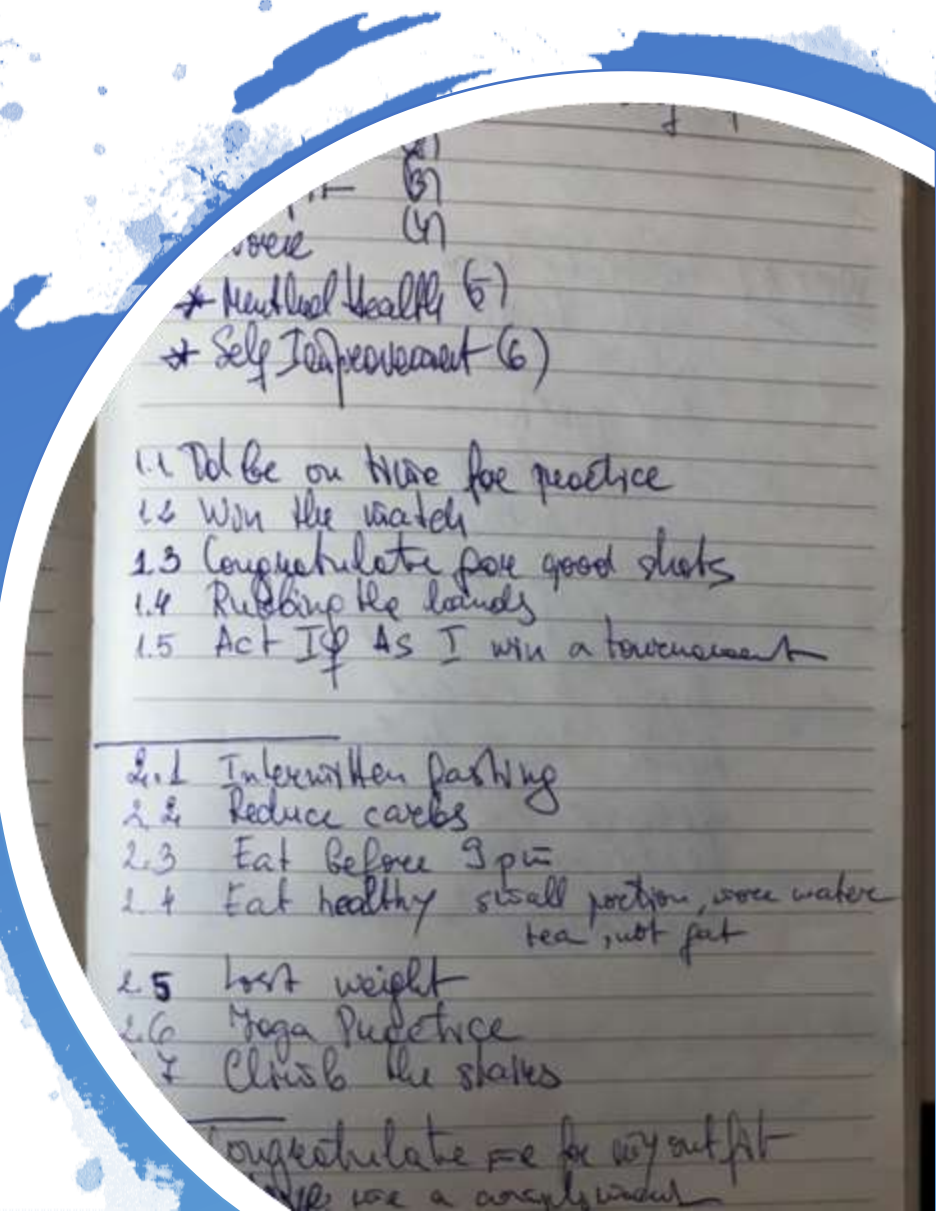








Iteration #1  
List my goals



## Iteration #2

Organize my goals in buckets

\* Mental Health (6)  
\* Self Improvement (6)

- 1.1 To be on time for practice
- 1.2 Win the match
- 1.3 Congratulate for good shots
- 1.4 Rubbing the hands
- 1.5 Act If As I win a tournament

- 2.1 Intermittent fasting
- 2.2 Reduce carbs
- 2.3 Eat before 3pm
- 2.4 Eat healthy small portion, more water tea, not fat
- 2.5 Lost weight
- 2.6 Yoga practice
- 2.7 Climb the stairs

Congratulate me for my outfit  
I use a consistency



# Iteration #3

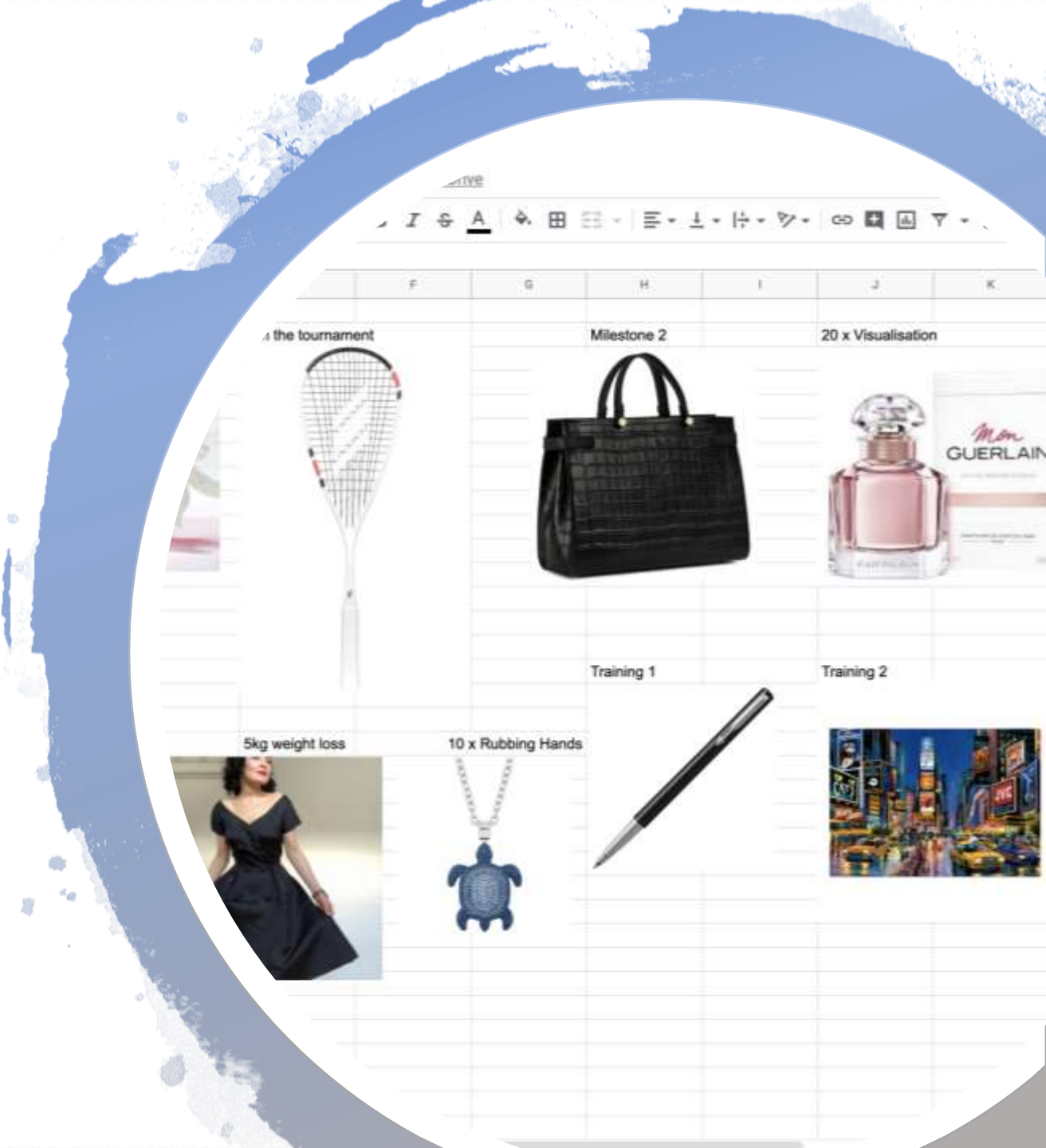
Use my favorite tool

A screenshot of a spreadsheet application window. The window title is "roots - Add-ons Help List of Lists Editor.xls". The spreadsheet has columns labeled A through X and rows with various task descriptions. A green vertical line is drawn through the grid, starting from the top and extending downwards. The tasks are categorized into groups: "Personal", "Daily", "Work", and "Self-improvement".

Action	Achievements	
	Milestone 1	Milestone 2
evaluation		
Express my feelings and emotions		
Smile to myself		
Daily rituals		
Congratulate myself		
Rubbing my hands		
Act F As Behaviour		
Receive compliments		
Give me a complement every morning		
Give me a smile every morning for a new day and a smile for a good night		
Congratulate me for the good outfit		
Complete task		
Push review		
Submit review		
Ask a question		
Ask for help		
Reply to email		
Congratulate me		
Rubbing the hands		
Ahaaa! Moment		
Make presentation		
Receive PR		
Reply to PR		
Help/Reply to teammate		
Visualization for work		
Share my opinion		
Listen TED talks		
Read books		
Complete trainings		



# Reward me!



1. Visualisation	10	x x x
2. Rubbing my hands	10	x
3. Act If Behaviour	10	
4. Smile	10	
5. Congratulate me	10	x
6. Complete tasks	10	
7. Post Review	10	x x
8. Ask a question	10	
9. Ask for help	10	x
10. Share opinion	10	*
11. Resolve PR	10	
12. Reply in PR	10	
13. Make presentation	5	
14. Training	5	*
15. Yoga Practice	10	*
16. Eat before 9 pm	10	
17. Interview for job	10	
18. Read Books	2	
19. Reply to Emails	10	*

\* Simple Awards

## Iteration #4

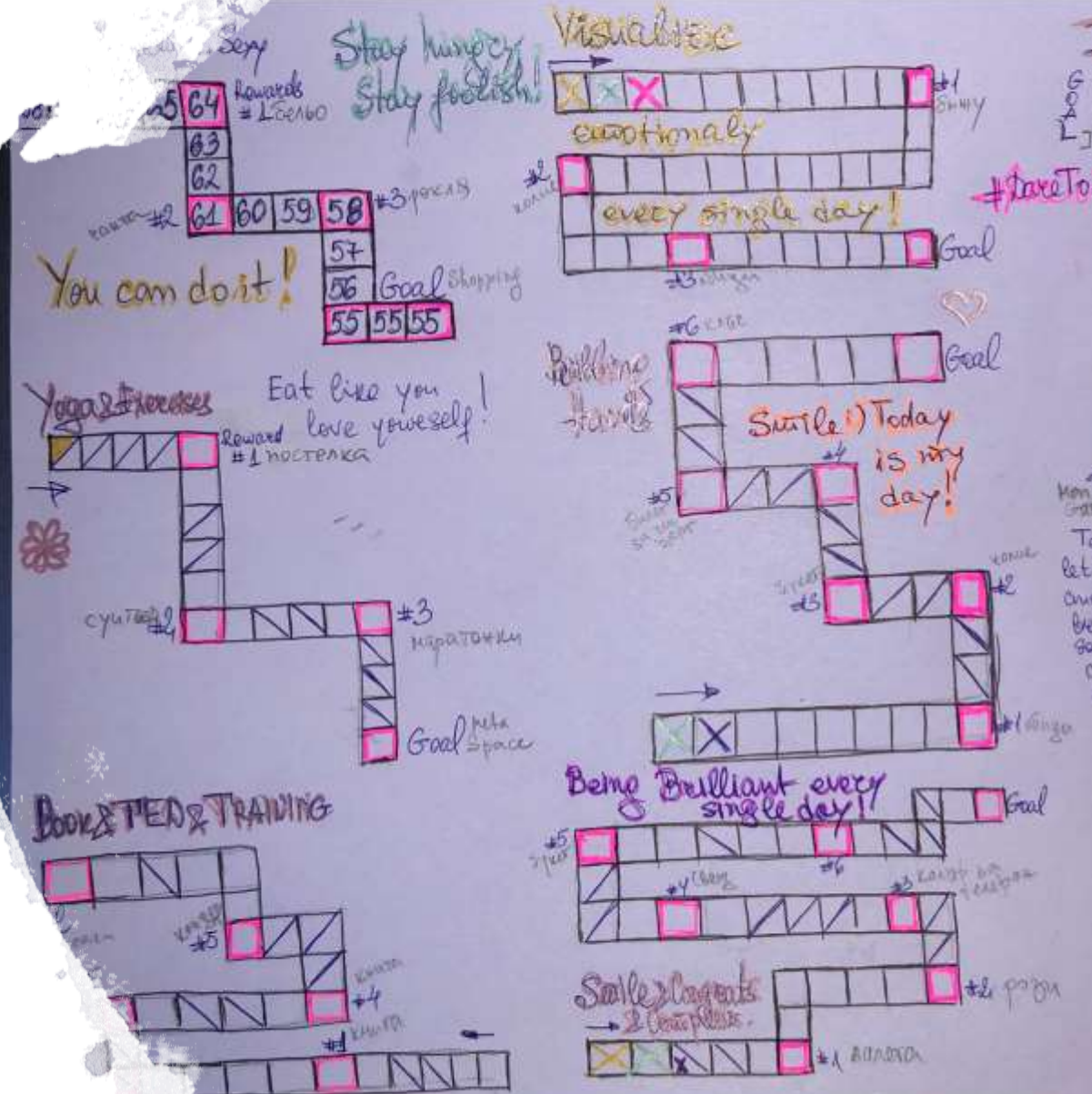
List the most important goals for me



# Latest Version

I Combined all together

- Draw the stairs by squares
- Define my reward points
- Pin the rewards
- Add my favorite formulas





*Heart and mind*

**There is no dictionary for  
the heart or the brain like  
there is a Greek- English  
or a French- Greek one.**

**Their words do not match.**



Thank you!