

# Motivation Install

- How to change stress to motivation -

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<http://engineer-pro.org/>

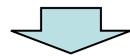
# Sprints of Ernest Shackleton

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Many people rushed in without benefit of money. Why ?!

## 1913 Advertisement for exploration of the South Pole

We want men, Cruel travel,  
a little income, extremely cold,  
long days without sun,  
Continuos danger, no guarantee of life,  
You will get honer and praise  
when you get success  
(Ernest Shackleton)



Serval thousand people  
rushed in.



\* This story is non-fiction.

# Sprints of Ernest Shackleton

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Their ship was destroyed by huge ice on the way...

They reached a desert island after evacuation for months. Then, 6 persons went across the rough sea 1300km with a small boat to South Georgia island.

After that, 3 persons went over mountains to human settlements to be helped.

All member, 27 persons was saved in 2 years.

↓ Then

We desired to join a force against WORLD WAR.

What is the source of their motivation?



# Sprints of Ernest Shackleton

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Now... We want men, of course women, too

A little income, extremely cold,

When you get success...



Even if there is more demerit than merit.

Why do some persons can find motivation?

**This is the secret for better lifestyle.**

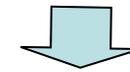
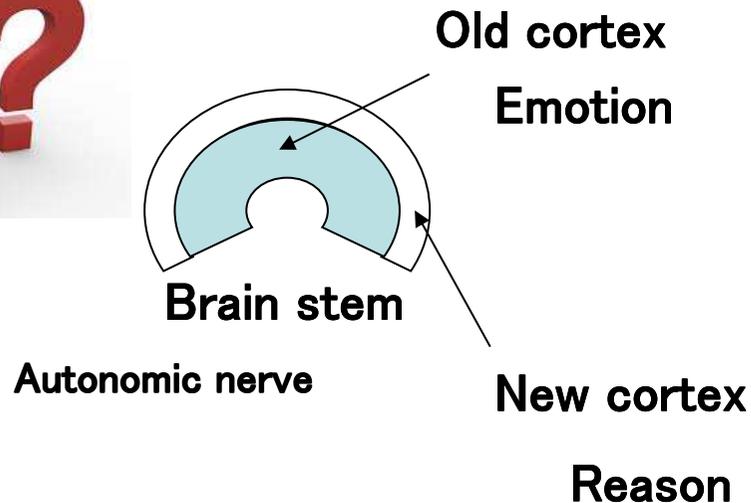
# Relationship with emotion and reason

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Emotion and reason insist different opinions each other.  
It generates stress and worry.

Emotion is stronger than reason because emotion stay in  
animal (old) brain.

Emotion never be expired and always "winner".



How to treat emotion  
and reason is quite  
simple



## Fun can change to stress

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### Mrs.A's hobby

Art museum alone



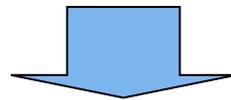
### Mrs.B's hobby

KARAOKE with friends



If they are forced to exchange their hobbies, it gives them stress.

Commonsense ?



No!

It appears the principal to control stress and motivation

**You can exchange stress and motivation each other.**

# Emotion is stronger than reason, but...

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Emotion never accept nasty thing.

Emotion can't do deep thinking.

Emotion can't notice easy fact.

Emotion is  
independent  
personality.

You need to nestle your emotion and ...

Your role is preparing condition which  
gives notice to emotion.

Because you can't force anything to emotion.



**95% persons fail, because they finish their role in few minutes and want to give command or advice. It means force it to emotion.**

# How to change stress to motivation

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For example

Opportunity of lecture



I got a chance!

Why do I have to do?

Professionals

Major persons



Same event, but  
opposite reaction



Event has no meaning, you give meaning to event.

And the meaning is that involved in emotion.

If you can involve what you want, it is "How to change stress to motivation".

It is very simple procedure as the following.

# How to change of stress to motivation

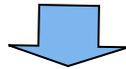
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I was Promoted to a project under crisis

Discord of emotion and reason

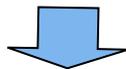
Emotion...I was forced loser's part.

Reason....I have to complete my work.



Looking for interest of your emotion until emotion can feel it naturally.(It takes time around 2-3hours)

- 1.It can increase my ability which I desire.
- 2.Everyone know this project is under crisis.  
Success means big change for my promotion.
- 3.Story for lecture will be increased even if I fail.



Interesting! Fun! (harmony of emotion and reason)

Natural motivation born !



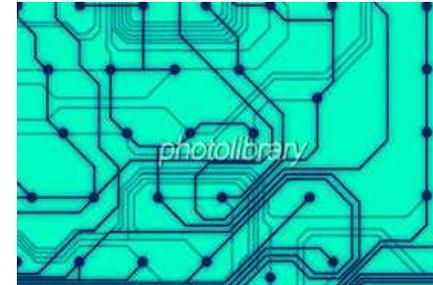
\* You can't cheat your heart, such as "I should feel fun for my life."

# Restructuring of link in brain

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Habit is firm? No!

**Link between emotion and reason is weak**



**Re-write is possible in short time by the procedure**

Enjoy hard work without holiday

Because, it is hobby rather than work.



Stop of smoking or drinking

Because, I feel more comfort of health than drinking.

**The point is "there is no patience".**



You can't continue with patience for long time until when you reach the goal.

# Aggressive using changes from outside

Almost people feel

Changes from outside=stress

Changes from inside=motivation

Example

expected promotion or  
unexpected promotion,  
fine or rain in trip,



The both of changes are only "changes(events)".  
When you adjust link, stress improve to motivation.

Changes from outside is coming automatically.  
It means you are surrounded by chances all the  
time!



Now, you know how to change fun and motivation.

## TRY(two persons in a pair)

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Do you find something of what can be changed stress to your fun?

1. What is it?

2. What fun could you find?



Listener ( with nod )

"I see."

"I got it."



## Conclusion(two persons in a pair)

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What change mind do you have in lecture ?

Then...

What will you do ?



When will you do that?

Why will you do that?



I wish your dreams come true !

Have a wonderful life !!



# Information for better

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## How to find your purpose (life mission)

95% people don't know their purpose.

## How to control to reach your goal

95% people misunderstand "control" and "wrong or correct"?



## How to open the door of your destiny

95% people don't notice and open the last door, door needs keyword to be opened.

You know more, you will get more !!