

Pros and Cons of the Six Outlooks

Each outlook comes with pros, cons, opportunities, challenges and implications for now, and for sustainable goal achievement into the future.

Shifting to the Disinterested Motivational Outlook

The positives are – you avoid spending energy you don't have to and you don't change anything. That said, given the choice, why would you ever want to be, or to stay in a disinterested motivational outlook. Why choose to be here if there is nothing to gain.

The negatives are – you don't have energy and thus nothing can change ; You are going through the motions without any need to get involved. What opportunities might be lost by being and remaining here?

Shifting to the External Motivational Outlook

This is an enticing outlook as external rewards can be hard to resist. Winning is proof you are worthy – so it feeds the ego. Power gives the where-with-all to get things done. The upside may be the ability to afford a certain lifestyle, build an impressive resume, get a promotion.

Based on promises – this motivation is about doing something in return for a promise of a tangible or intangible reward. Money, a Bigger Office, New title, Attention, Political clout, Power, Status, Acceptance, Admiration etc. The potential risk is a loss of creativity, innovation, mental and physical health, and ARC.

Shifting to an Imposed Motivational Outlook

There may be a reality that by doing it 'their' way will mean you retain your job, or keep the peace, or make another happy etc. . Not disappointing someone important to you can be a rationalisation to stay here –in an imposed state. This is however a burdened relationship that's not free like real relating is.

This is one of the unhealthiest outlooks. Time spent here is about avoiding negative emotions of guilt, shame or fear, and keeping the peace through living up to the expectations of others. However, the imposition comes actually from the self, in relation to marching to others drums or own fear of failure.

Shifting to the Aligned Motivational Outlook

This outlook focuses on making meaning, and linking what is being done to who you are and what's important i.e.. Aligned to values. This creates a positive sense of wellbeing, and if you can find a linkage between another's request and your own values – this will spur on action. This means the need for autonomy is satisfied, harmony with values builds self relatedness and competence gets built and acknowledged when energy is focused here.

This outlook however does have a couple of challenges. Firstly in order to align, firstly one must have identified their own values (and this doesn't mean values that were given to you by others –e.g. your carers). Others may judge your values based decisions and actions as a sign of selfishness. Following your own north star/southern cross may result in disapproval and even the loss of relationships with some who don't agree with your choices.

Shifting to the Integrated Motivational Outlook

In this outlook values are less conscious and more embedded as second nature. Commitment, taking action, bringing you're a game and a positive frame of mind is aligned to a noble uplifting purpose. Action comes from an authentic, peaceful and purposeful place.

The downside of this level of outlook is that you need to do the self reflection and self authoring to identify your personal sense of purpose. And then have the discipline to apply it. It will result in new choices that mean dealing with change.

Shifting to the Inherent Motivational Outlook

Here there is an experience of keen interest, curiosity and enjoyment in doing what you are doing and living it fully. The division between who you be and what you do collapses and becomes one. Time flows and work is effortless. What you do is the reward in and of itself, not requiring external prompts

A challenge of this level of motivation is that it requires a shift away from the busyness that we often become addicted to, and enter the space of reflection and silence. The reason this outlooks dips in self-regulation is because that is not needed to do what is fun and natural.