



## Called to Cultivate Podcast Show Notes

Season Two Episode One: *6 Ways to Cultivate Motivation*

1. **Instinct:** \_\_\_\_\_

2. **Incentive:** Find a new way to reward yourself for the work you complete.

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3. **Drive:** Focusing on your destination and destiny to propel your work.

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4. **Arousal.** Adding some excitement to your life with something like a movie, a jog, or even an music.

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5. **Humanism.** Focusing on more intangible needs to fulfill like self-actualization, creative expression, and loving relationships.

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6. **Expectancy.** Build your own future just by what you think about yourself and the world around you and work towards what you want to “expect” and “see”.

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### This Week's Resources:

[Instinct by T.D. Jakes](#)