



## The Motivation Formula

Everybody has problems. Some people take their problems and use them as motivation to increase their power and success. Other people are swept away by their problems into a flood of failure and destruction. You get to choose how you will respond. The Motivation Formula gives you some simple steps to follow to turn your challenges into a source of power.

From time to time, you may get stuck when your challenges seem to be more than you can handle. When that happens, just come back to this section and review the Motivation Formula. Most people have to go through it a few times before they get the hang of it.

# Introductory Activity