

Motivation.

Freedom leads to our higher selves - ambition, growth, happiness, and transcendence.

Fear, on the other hand, causes us to skirt around challenges, avoiding struggle as much as possible - even though it's in the struggle where growth is born.

This fear in turn creates greater weakness, conformity, and regret in our lives as we start to obsess over what we could have been and done.

Destiny and legacy are won through freedom and struggle, whereas fear creates predictable dissatisfaction and demise.

Motivation can move in two ways - toward complacency, same-ness, and frustration, or as an opportunity to go forward, rise up and accept the challenges ahead of you.

What we choose is based on what we want - fear or freedom.

Compelling reasons often move us forward, while fear keeps us in a reactive, "do nothing" mode.

Motivation is oftentimes a mystery - the fearful are slaves to impulse, creating an apathetic aimlessness.

Sustained motivation is a characteristic of freedom lovers - a willingness to be uncomfortable, creating a next level of freedom, being more and more present, deliberate, precise, and skilled.

Motivation is a choice/ decision, and it's the very reason for action!