

MARCH



MOTIVATION

March is associated with St. Patrick's Day and shamrocks, the lucky four leaf clovers.

I consider myself more than lucky. I consider myself blessed as I remember all those I have been able to associate with, as well as all those that I have been able to learn from. There are so many people that have helped to inspire me to learn and progress.

One of the people that I have been able to learn much from is Dr. Doug Graham. As I took his classes the summer Of 2007, I saw that he practices the concepts he teaches. His web site is [www.foodnsport.com](http://www.foodnsport.com). I've thought alot about some thoughts he discussed on the topic of MOTIVATION.

Have you ever heard someone say that they just don't have either willpower or MOTIVATION?

What is MOTIVATION?

Where does it come from?

Can a person go to another person to receive motivation?  
Are some people just '**LUCKY**' to be 'naturally' motivated?

There seems to be two common factors in all motivation, of every kind, for almost everything.

First of all, there are *NEEDS or reasons*, for doing anything we plan to do. Secondly, there is the *KNOWLEDGE*, or faith, about why you wish to make certain changes.

## KNOWLEDGE MULTIPLIED by your *NEED* RESULTS in MOTIVATION

The math equation of MULTIPLICATION is important because...  
When you multiply anything by 0, the result is always 0.

Think of a person that may be in a hospital, even facing death. You could think of persons that may even have a debilitating type of illness, or 'disease'. It could be something that could be reversed with an appropriate food style or lifestyle change that would allow a person's body to recover. If this person has no KNOWLEDGE of a way to create increased health, it would be as if that portion of their equation would be 0. They have a NEED, but no KNOWLEDGE.

On the other hand, think of person's that has fantastic KNOWLEDGE but no perceived NEED. For instance, youth are taught so much about the harmful effects of alcohol. There seems to be no end to some of their knowledge about the harmful effects of drugs, cigarette smoking, drinking and the destruction of brain cells that accompanies these choices, etc. However, young bodies are often still working very well, and there is not much feedback as to a debilitating response that their bodies may be experiencing at the time. Often they appear to recover very quickly from any negative effects.

Young bodies may seem to be more prone to overt self destructive behavior in the face of massive quantities of KNOWLEDGE. They see no perceived NEED. Their equation would be 0 for their NEED. When the NEED level is at 0, then KNOWLEDGE provides 0 motivation to prevent people from doing whatever the behavior might be.

MOTIVATION seems to hinge on these two factors, NEED and KNOWLEDGE

There may be some social, emotional or other factors that enter in, but the overall math equation would be

$$\begin{array}{c} \text{NEED} \\ \times \\ \text{KNOWLEDGE} = \\ \text{MOTIVATION} \end{array}$$

To increase MOTIVATION is a huge step in creating health and



Vitality

There is a challenge which, if accepted, can aid in helping a person stay focused on whatever worthy goals they may have personally made to create lifestyle changes. This challenge focuses on the NEEDS or reasons for the goal. This challenge is given in the introductory 'FORGET COOKING' food preparation class. The classes are a good source to gain the KNOWLEDGE portion of the formula.

**HAPPY ST. PATRICKS DAY...**

AND DON'T FORGET YOUR

**GREENS!!**