



## **The Power-Scripting Training Program Presentation #3**

The "Motivation Component"

What is Motivation?

Short-Term Motivation

Long-Term Motivation

Generating Motivation (Techniques)

Sustaining Motivation

Motivation: PA #3

**Summary:** Through PS you will be generating motivation on a day-to-day basis. This will give you the fuel, energy and inspiration to forge ahead in the direction of your long-term goals.