

Managing Motivation

Leadership Lessons from an Appalachian Trail Thru-Hike

Kendall Lott

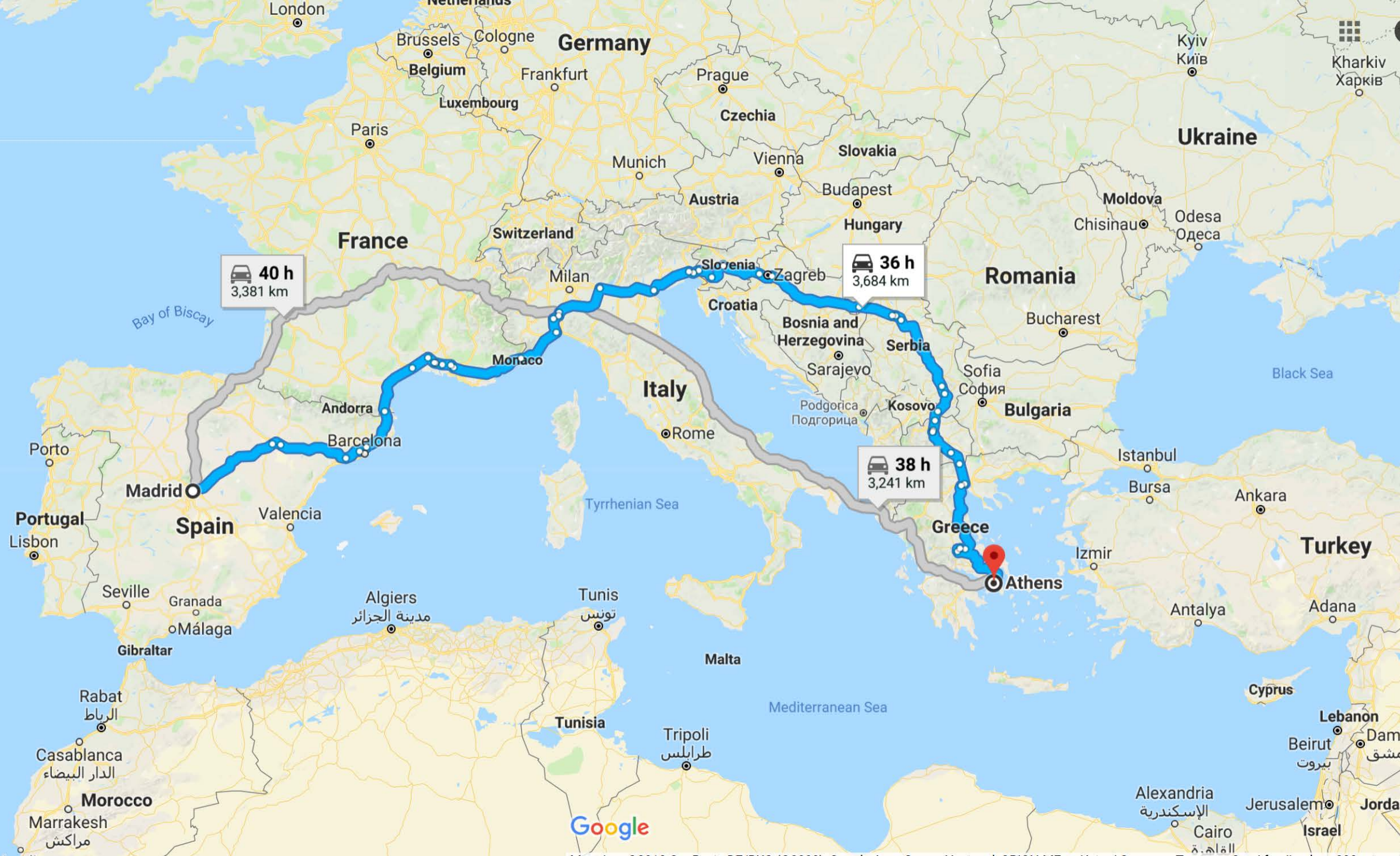
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2017

Apr

1
2 3 4 5 6 7 8
9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29
30

May

1 2 3 4 5 6
7 8 9 10 11 12 13
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Jun

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Jul

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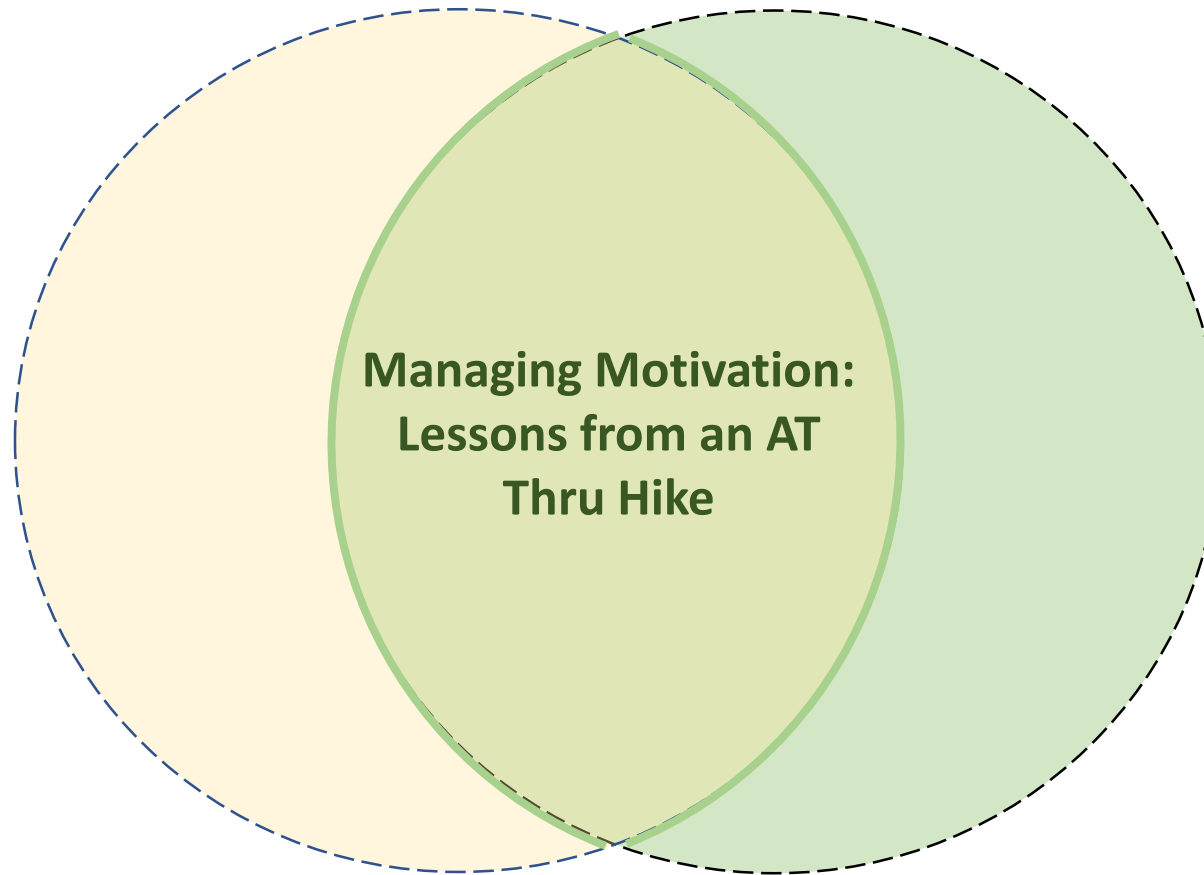
Aug

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20 21 22 23 24 25 26
27 28 29 30 31

Sep

1 2
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10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30

What this is













The Pack





Lesson 1

We pack for our fears, and then
carry the burden of that weight

➤ Risk Management is costly



To build a fire...







Lesson 2

Are we on a camping trip or a hiking trip?

- Have an organizing principle for your action



Eat, Sleep, Walk









Lesson 3

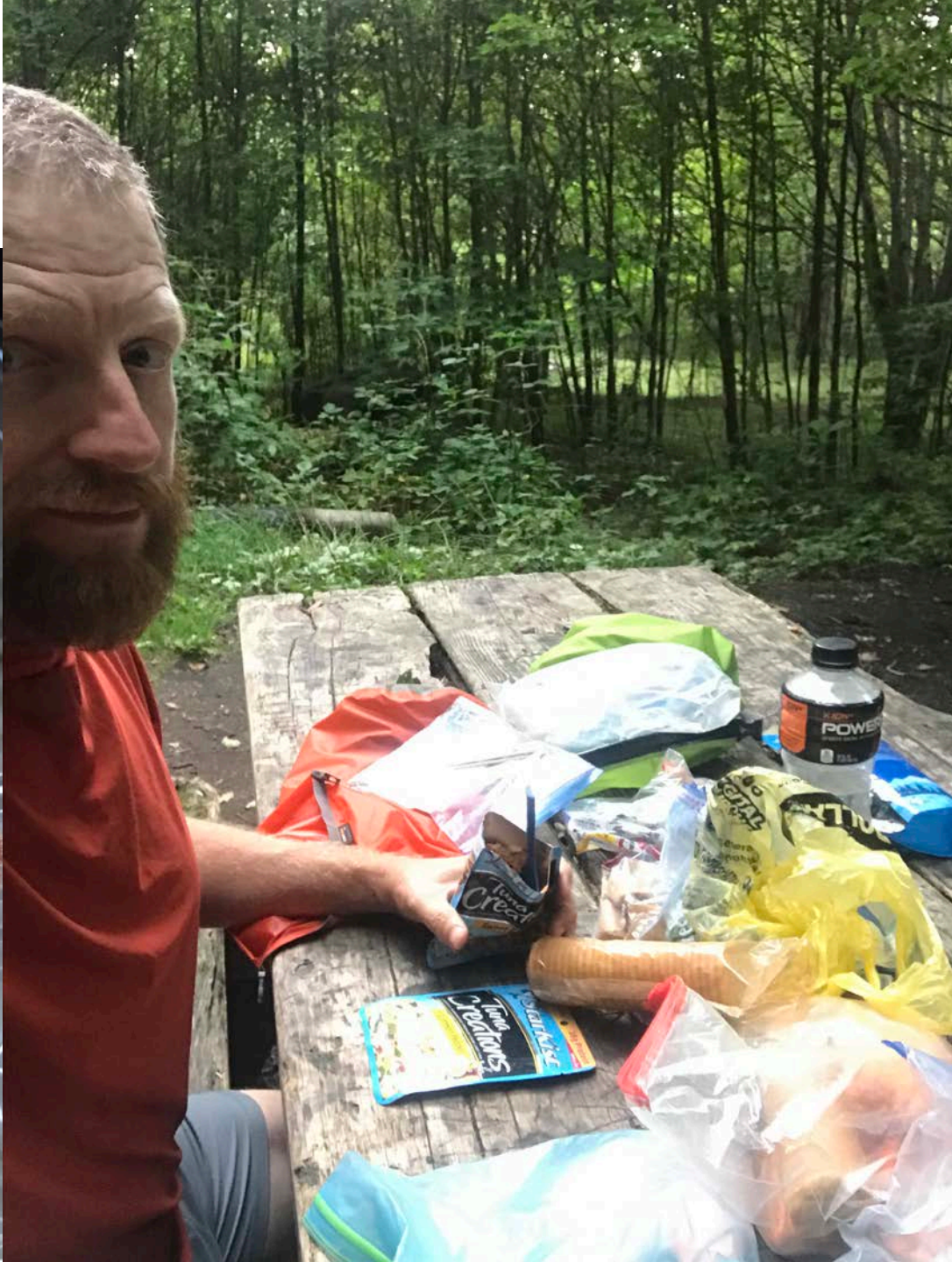
One foot after another gets you
there

➤ Single Tasking!

Ah, the good things...







Lesson 4

“What’s it gonna be like?”

➤ Envision each part of success

Not all is lost...





I'm not
there
yet...



...but, I'm
closer
than I was
yesterday.

Lesson 5

“I’m closer than I was yesterday.” ➤ Appreciate progress



You may ask yourself...





Lesson 6

- When you are going the wrong direction, stop and turn around

➤ When wrong, STOP!

Against the elements...







Lesson 7

You have thick skin, really

➤ Recognize Resilience



I did it my way...



Hike your own hike...



Lesson 8

Hike your own hike, *and let others
hike theirs*

➤ Embrace the strength of
others' motivations

I am a thru-hiker...







Beyond naming your fear...move to...



Declaring your strong self.

“I am a (noun) that (verbs)”

Lesson 9

I am one who ...(*does*)...

- Recognize what you can and do bring to your own success

Your takeaway...



...Which lesson can you use tomorrow?

1

**We pack for our
fears, and then
carry the burden
of that weight...**



**...Risk
Management is
costly**

2

**Are we on a
camping trip or a
hiking trip? ...**



**...Have an
organizing
principle**

3

**One foot after
another ...**



...Single-Tasking

4

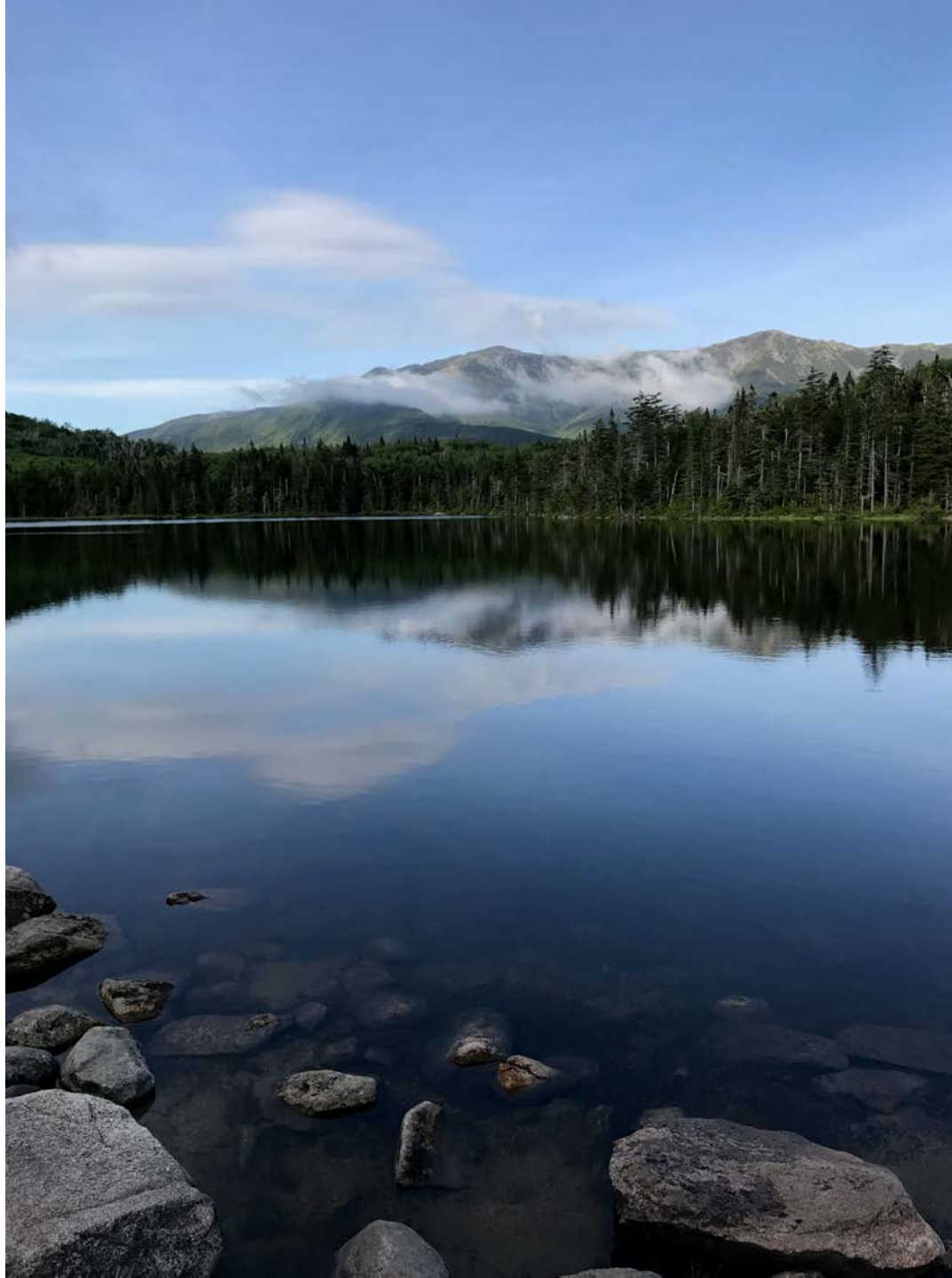
**“What’s it gonna
be like?” ...**



... Envision success

5

**“We’re closer
than we were
yesterday” ...**



... Appreciate progress

6

**When you are
going the wrong
direction, stop
and turn
around...**



... When wrong, STOP!

7

**You have thick
skin, really...**



... Relish resilience

**Hike your own
hike...
...and let others
hike theirs ...**



**...Embrace the
strength of others'
motivations**

9

**“I am one who
does...”**



**...Recognize what you
bring to your own
success**

Managing Personal Motivation

On the Trail

1. We pack for our fears, and then carry the burden of that weight
2. Are we on a camping trip or a hiking trip?
3. One foot after another gets you there
4. Ask, "What's it gonna be like?"
5. We're closer than we were yesterday
6. When you are going the wrong direction, stop
7. You have thick skin, really
8. Hike your own hike, and let others hike theirs
9. "I am one who does..."

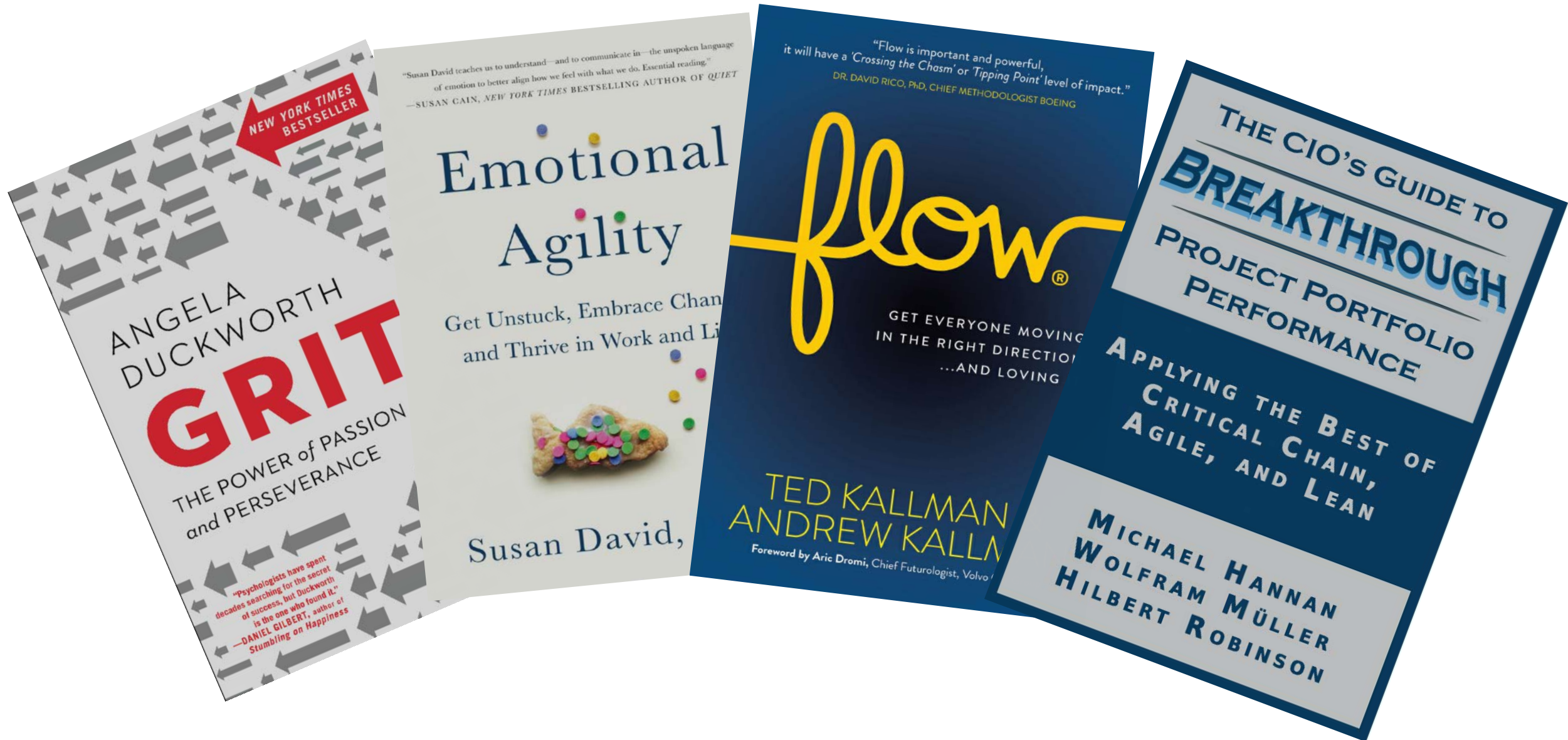
In the Office

1. Risk Management is costly
2. Have an organizing principle for activities
3. Single-Tasking
4. Envision success
5. Appreciate progress
6. When wrong, STOP!
7. Relish resilience
8. Embrace the strength of others' motivations
9. Recognize what you bring to your own success

I am Jekyl...



**...AT Thru-Hiker
2017**



Angela Duckworth, Susan David, Ted Kallman, Michael Hannan

Free PDU anyone?

A HomeWorkShop for a 1 hour credit

Start here today with the Organizational Resilience Diagnostic

bit.ly/2T7VrEr

From that, you'll get a URL for instructions for a short assignment:
planning to manage your motivation

Where to find me...

PM Point of View Podcast on iTunes and TuneIn

For Hiking Discussions:

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For Professional Engagement

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Lessons: bit.ly/2G0tx7a

