

motivational blues

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music: Rickard Verner Hultgren

COMMENTS

Imagine an interaction with another person or a future you.

*I and you **build** our value now.*

We build the value of our interaction. This correlates to oxytocine.

I will get [meaning of end results]

What will I gain from the end result? This correlates to testosterone.

from the [end results]

Specify the end results. This correlates to serotonin.

To do now [doing the next move]

This ensures you of the momentum towards the end result. This correlates to acetylcholine.

I achieve that

Focus on the next marker. This correlates to dopamine.