

# motivational blues

motivational blues 10-12-2018

lyrics: Rickard Verner Hultgren

music: Rickard Verner Hultgren

$\text{♪} = \text{♪} \text{ } \text{♪} \text{ } \text{♪}$  *swing*

What is my role? What is a fai - r goal? Create a win win game and

6 How to pri-o-ritize -----.

CODA

What is my role? What is a fai - r goal?

## 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 acetylocholine.

*I achieve that*

Focus on the next marker. This correlates to dopamine.